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THE BEACH NEWS

Always Boosting Mission Beach, Ocean Beach, Pacific Beach and Point Loma

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Special Gifts For Skaters

MANAGER "ED" KICKHAM
ANNOUNCES CONCESSION
PRIZES AT M. B. ROLLER RINK

In line with his progressive policy of keeping a step or two ahead of the procession by his efforts to please the public, Edward A. Kickham, proprietor of the Mission Beach Roller Rink, springs a brand-new surprise for next week. On the last day of the month, Friday, July 31, he will give real worth-while prizes to his skating patrons. The jovial and urbane "Ed" has made arrangements with all the concessionaires and business managers at the popular new Mission Beach amusement center for prize tickets to be honored upon presentation at any of the concessions and places of business named in the display announcement. His new slogan concerning the pleasure of roller skating—"a thrill without a chill"—has caught the public's fancy and it's wise to go early and stay late for an evening of rollicking fun and recreation. Get the skating habit. It's a cool, rhythmic, exhilarating pleasure at the Mission Beach Roller Rink during these midsummer days.

ANNOUNCEMENT

You are cordially invited to attend a public demonstration of
NESTLE LANOIL PERMANENT WAVING
on Wednesday, July 29th (time, 7:30 p. m.), under personal direction of Mr. Joseph Brown from Nestle's, New York.

You will see how a Permanent Wave can be given in two hours with no more discomfort than a shampoo or scalp treatment. There is no need to have to sit four to six hours to enjoy the comfort and beauty of a Permanent Wave.

THE BEAUTY SHOP
Opp. Postoffice, Ocean Beach
No children allowed during demonstration

FAMOUS FICTION WRITER

PASSES AWAY

Mrs. B. F. Stanwood, a well-known writer and member of the Writers' Club, passed away July 17th at her residence on Point Loma. She was a native of Seward, Neb., and is survived by her husband, Dr. B. F. Stanwood of San Diego, and a son, L. H. McKillip, prosecuting attorney of Seward, Neb. Under the name of McKillip-Stanwood she gained much success as a writer of short stories, sketches and humorous rhymes. Her funeral occurred last Thursday, Rev. R. B. Bard officiating, and cremation took place at Greenwood cemetery.

IN MEMORIAM

By Winifred Davidson

In the death of Mrs. B. F. Stanwood of Cabrillo terrace, social and literary circles of this city and of Seward, Nebraska, have lost a popular and brilliant leader. Mrs. Stanwood had also a host of friends in St. Rupert's, Alaska, and Vancouver, B. C.

"McKillip-Stanwood" was a highly esteemed member of the Writers' club and of the Thursday Afternoon Bridge club, in which organizations she held prominent offices. She held membership also in several clubs in her former home, having founded one of the oldest, the magazine club there.

A very talented writer of short stories, light sketches and humorous verse, she was also endowed with a phenomenal memory and was always in demand as an entertainer. With all her splendid mental gifts she had that supreme desirability in woman—a perfect genius for home-making. She was an ideal mother and friend. Dr. and Mrs. Stanwood had very recently returned to their Point Loma home after a protracted visit in Seward, where Mrs. Stanwood's son, L. H. McKillip, is county attorney. Mr. McKillip and his wife arrived Wednesday evening.

The members of the bereaved family have the profound sympathy of the entire community.

A beach supper and dance was given recently by members of the Som Je Hou club at Mission Beach.

Classified Ads Get Quick Results.

O. B. BASEBALL

EDGEMORE TEAM

COMING NEXT SUNDAY

On the beach diamond next Sunday afternoon the local club will have the Edgemoor team as worthy opponents and the contest promises to give the thermometer a hot race in the way of warmth. Don't miss it.

PIRATES DEFEATED

BY BEACH TEAM

Throughout the contest on the local diamond last Sunday afternoon, Pitcher James for the Beachites held the visiting Pirates under control, striking out twenty and granting only two hits. The popular James was in fine form and he received brilliant assistance from his team mates. Jack Lutter was the star fielder of the day. His remarkable one-hand catch of a fly to far outfield between center and left was a splendid exhibition of fielding, speed and judgment.

It was a good game from a spectator's standpoint and the Pirates are expected to come back soon thirsting for revenge. They were defeated by a score of 5 to 3.

The batteries were James and Pels for Ocean Beach and Hearnafy and Woodruff for Towne's Pirates.

Stationary—Froide—Bacon St.

'Attendance Awards'

FINE GOLD WATCHES

TO BE GIVEN AWAY AT

MISSION BILLIARD PARLOR

For the next thirty days, all patrons of the Mission Billiard Parlor at the Mission Beach amusement center will be afforded an excellent opportunity to secure a gold watch free. Proprietor L. M. Favorite has placed on display a fine \$50 Elgin gold watch for men and a beautiful \$50 Elgin gold wrist-watch for ladies, and the valuable time-pieces will be given away as attendance prizes.

Beginning this week-end, Saturday, July 25, every patron playing pool or billiards will receive a numbered coupon, a duplicate of which will be placed in a box to be accounted for at the end of sixty days, when the holders of the corresponding numbers, upon being present, will receive the "attendance prizes" of two gold watches. Manager J. E. Caudell states that a box will be conveniently provided at the soft drinks and cigar counter for the depositing of coupons by players throughout the allotted period.

The tables and equipment at the Mission Billiard Parlor are all new and of standard size, being the best of Brunswick & Balke make, and acknowledged by experts as the finest in Southern California.

Manager Caudell states that there has been a great increase in the number of pool and billiard players of the gentler sex since the opening of the Mission Billiard Parlors and the incentive of a very desirable attendance prize will very likely bring forth many more lady devotees of the skillful games of billiard and pool during the next sixty days.

YACHTING TRIP

'ROUND WHISTLING BUOY

ON "PEGGY III"

At the regular meeting of Southwestern Yacht club, held Tuesday, July 14, the members present were pleasantly entertained, after the business had been transacted, by a trip around the whistling buoy on board Commodore Chartres-Martin's cruiser "Peggy III." The start was made about 9 p. m., the night being delightfully warm and the bay so calm that the myriads of lights of San Diego and Point Loma were reflected and magnified many times, making an ideal setting for such a trip.

On the way through the channel the fishing fleet, at anchor off Ballast Point, was so well lighted that it appeared as a small city or amusement park, and it is well worth the trip to view such an array of colored lights and varied types of boats.

The club plans an official opening soon after August 1, and it is expected a great many such trips will be made by the members and friends.

Those who enjoyed the commodore's hospitality were: Phil Timmerman, R. G. Fenn, Dr. McKeller, Michael Eff and J. S. Hobson.

Ribbed With Gold And Dripping With Silver

"LOMA LORE"

By WINIFRED DAVIDSON

Point Loma, California

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(Continued from last week)

"Spanish" the upper light remains. Into its construction entered adobes that were formed by Diegueño Indian hands under the superintendence of Catalonian soldiers stationed at San Diego presidio back in the 18th century. They are down in the cellar, these adobes. They were brought up from Ballast Point when the dwelling at the end of the Point was under construction in 1855. But they were made back in the 18th century when the Spanish Don Manuel Rodriguez was comandante. They formed part of the old Spanish castillo that fired upon the Lella Byrd—in the only battle of San Diego harbor.

The masons, the carpenters, the directors, the men who manned the boats which brought over from Ballast Point the lumber, bricks, adobes, tiles, nails—all spoke Spanish; more Spanish than English. The very oxen that dragged heavy carts from San Diego river bed (whence in 1855 from pools kept fresh by constant digging, came every drop of potable water) were the descendants of these little, big-horned, tough Spanish cows that arrived in 1769.

The history of California is romance. The history of Point Loma in its beginnings was identical with the history of California; and Spanish it distinctly was down to the time of American occupation. That was in 1846. And for at least another quarter of a century it remained, in all but name, Spanish.

Point Loma came under the notice of the Congress of the United States in 1848. Then the first provision for aids to navigation of the Pacific Coast was made. The sum of \$15,000 was set aside for lighthouses at Cape Disappointment at the mouth of the Columbia river and at New Dungeness at the entrance to Puget Sound. This amount proving all too little, Congress in 1850—and in 1850 California jumped to full statehood, remember!—appropriated \$143,000 for nine lighthouses, a fog signal and several buoys on the California and Oregon coasts. Point Loma was included in the plan, but it was not until 1855 however that the light here, the last of the Pacific Coast markers at that time, actually shared the benefit of this national plan for protection.

Putnam in his most valuable contribution to the history of aids to mariners, "Lighthouses and Lightships of the United States," says:

"There does not appear to have been any lights on the California coast during the Spanish or Mexican ownership."

But we Point Lomans have a tradition that trends most closely at the heels of actuality, of a "stake light"

which after 1769 burned on Ballast Point to guide the supply ships that came at least yearly from Acapulco to this first of the Alta California mission ports. This is referred to casually by several of the older writers.

A stake light—a dim lantern swaying from a slender pole or stake—here was the first of the Pacific coast lights. Such a light was needed to lead a vessel safely into these swirling waters that come so suddenly to calm within the little anchorage that faces La Playa, not 50 yards to the west of the round flat head of Ballast Point, referred to by Vancouver in his description of 1793 as "punta a guirronos, a low spit of land, projecting from the high steep cliffs within the former (Point de la Loma) and which, properly speaking, constitutes the west point of entrance into the harbor."

I do not know who before Vancouver gave Ballast Point the name "Guirronos." "Guirarros," the Spaniards called it. "Cobblestones" is the meaning.

This low-hanging light served through the missionary period that was strictly-speaking the only Spanish period anywhere in California. In 1826 when Echeandia, the first Mexican governor arrived in San Diego, California had for nearly five years been a territory of the Mexican republic. Our old "Spanish" light is not even Mexican.

The light on the crest of the headland was of the nature of a hope deferred until 1855. Like so many other needed improvements, like in later decades the coming of the railroad connections, San Diegoan hope had long to dream about what it needed before realization. The first disappointment about the upper light was the inadequacy of that earliest appropriation of the government.

The second disappointment was in the shipwreck of the bark Oriole, which at the Columbia river bar lost the materials for five lighthouses which had been brought around the "horn" from New England. Among the sufferers in San Diegos awaiting the lumber and iron work, the cement and the laborers for the promised lighthouse.

As a result, the lighthouse engineer's recommendation went next year:

"Hereafter all estimates for the Pacific coast shall be four times higher than for like work on the Atlantic."

Four times higher! But then in 1854-55 all California, Point Loma included, was to the rest of the world a gold country. It was ribbed with world and dripping with silver! No price could stagger its wealth.

(Continued next week)

Kodak Films—Froide—Bacon St.

Ocean Theatre

RAYMOND GRIFFITH AMONG

FAMOUS MOVIE STARS

BOOKED NEXT WEEK

No better attractions can be found at any community theatre than the current list of bookings secured by Manager Ray Ericson for the Ocean Theatre. A fine film version of Jack London's great novel, "Adventure," will be shown tonight (Saturday) and the Sunday bill will feature Raymond Griffith in "The Night Club," with an added series of "The Fast Trackers." The mid-week special will introduce a feature play by James O. Curwood with Anita Stewart and the famous police dog, Wolf. "The Air Mail" will arrive next Thursday and Friday with an all-star cast.

Try our Classified Ads, for Quick Results—Only a dime a line, five words to the line, payable in advance.

Kodak Finishing—Froide—Bacon St.

O. B. LIBRARY

MARGARET RANKIN, LIBRARIAN

"Sports and Games" is the subject of the poster exhibit at the O. B. branch library this week. The following books are suggested:

California for the Sportsman, Cunningham; Modern Swimming, Brown; Football Without a Coach, Camp; My Thirty Years in Baseball, McGrew; Baseball, Clark; Fishing and Shooting Sketches, Cleveland; Musings by Campfire and Wayside, Gray; Practical Sailing and Motor Boating, Kendrick; Games, Bryant; Fun Book, Gerster; It Is to Laugh, Gerster; Book of Indoor and Outdoor Games, Kingsland.

Subscribe for "The Beach News."

OCEAN BEACH NEEDS

More Paving.

More Street Lights.

More Civic Improvements.

S. D. A. & N. Academy

LARGEST ENROLLMENT

FOR SUMMER SESSION AT

FAMOUS INSTITUTION

With the summer session of the San Diego Army and Navy academy at Pacific Beach just fairly under way, there are 110 students in actual attendance, an increase of 20 over the enrollment of the preceding summer session. It is thought that the enrollment will reach 135 to 150 before the summer work is over. The total number already enrolled for the fall term is 186 at this time, with a far larger number of inquiries coming in from various states, and even foreign countries, than in any preceding year. The authorities of the school expect to open in September with from 250 to 300 boys.

Among the students attending the summer school from a distance is Charles Keller of Evanston, Ill. Young Keller is accompanied by his friend, Gerald R. Van Doren, also of Evanston.

Lieut. Charles Bain is acting headmaster for the summer session, assisted by several of the members of last year's faculty. New faculty members include Lieut. Finn of the San Diego high school faculty, and Lieut. Ross.

Coach Tarr has organized teams for various sports, including basketball, football and baseball. The first game was between the teams of the rival companies of the summer school, B company winning.

Letters from the many places where the boys are visiting or working this summer lend interest to the summer days. Dibrell and Everson are in Honolulu, the Buechner brothers and Decker are in the east, McCord in St. Louis, Clement Stewart in Europe, Moses in Berkeley, Watkins and Mayer at work in Los Angeles.

Cadet Carlos Gastel writes of his safe arrival at his home in Sa Pedro Su la, Honduras. He will return in the fall.

Interesting letters from Cadets Jack and Clarke Jennings of Hollywood, tell of camping trips that they have been enjoying at Arrowhead lake and in the San Bernardino mountains.

Late arrivals at the school are Martin, Beckham and Merrifield of Los Angeles.

SHERWIN-WILLIAMS PAINTS

San Diego prices—O. B. Feed, Fuel and Express, 1926 Bacon St. Phone Pt. Loma 20-W.

TAM DEERING SELECTED

SUPT. OF PLAYGROUNDS

IN SAN DIEGO

In joint session, the board of education and the board of playground commissioners have selected Tam Deering for the position of superintendent of the consolidated playground and public school recreational activities at a salary of \$4500 a year.

Mr. Deering is the well and favorably known secretary of the community service for San Diego, and will have his salary paid by the two bodies employing him, with the probability that an assistant will be given him at \$2000 a year. Mr. Deering's preference will be considered in the naming of his assistant.

Subscribe for "The Beach News."

ARTIST COLONY

INCREASES IN NUMBER

ON POINT LOMA

It is recorded that two more members have been added to the artistic and literary circle on Point Loma. Allen Stover and wife from Portland, Ore., have come to make their home there. Mr. Stover is a painter and his wife is a writer. They expect to occupy the charming studio place where Mr. and Mrs. Maurice Braun now live.

It is stated that the Brauns plan to open their new home and studio in a few weeks. Their new place, the studio of Miss Edith White, the famous painter of roses, who teaches in the art department of the Theosophical university, and the one to be taken by the Stovers are all on the bay side of Point Loma, where the view is unsurpassing.

If it's about the beaches

It's all in "The Beach News."

One Dollar for Fifty-two Weeks.

'Hands Across The Inlet'

MONTHLY MEETING OF

CHAMBER OF COMMERCE

AT MISSION BEACH

The regular monthly business and social meeting of the Mission Beach Chamber of Commerce was held last Tuesday evening at the Shirley Y. W. C. A. cottage on the bay front with a crowded attendance.

The business session was started by J. Bert McLee as temporary chairman until the delayed arrival of President De Long, during the reading by Secretary John W. Mott of the minutes of the two preceding meetings. Several new members were added to the grand total of nearly two hundred.

Excellent progress was reported by Mr. Chas. Liftchild of the executive committee and a number of needed civic improvements were noted. Mr. Liftchild cited the elimination of some transportation troubles and also the tendency towards reducing garbage violations by visitors along the beach front. Suggestions regarding street car regulations as well as a report concerning the dangerous conditions of a section of Bayside walk were referred to the proper committees for immediate action.

Upon request, Secretary Mott read a special communication from Mrs. F. G. Greenfield, asking that she be relieved of the duties of press and publicity work, owing to her protracted illness. The matter was duly referred with the hope that Mrs. Greenfield may reconsider her resignation upon her recovery of health. She was praised on all sides for her splendid achievements prior to becoming incapacitated from sickness. It was announced that all news items left for her at the Mission Beach postoffice will be published in these columns.

ENJOYABLE SOCIAL SESSION

Following the business meeting, the social entertainment, provided under the direction of Mrs. Schulze, proved highly enjoyable. The program began with a delightful duet by Mr. and Mrs. W. S. Hunt, who sang "Call Me Back, Pal o' Mine" and "Moonlight and Roses." The Van Dusen brothers, accompanied by Mrs. Schulze at the piano, gave a rattling good minstrel act, the "darkey" brother doing a neat bit of dancing to the twanging of a banjo. An excellent musical number was provided by the Thomas trio, and then the famous Harry Fuqua created a riot of merriment with his rip-roaring monologue as "Hiram Fewclothes from Nutville." The entertainment was most happily concluded by an octette of Y. W. C. A. girls, accompanied and directed by Miss M. Barkeley, leader of the Girl Reserves. They gave a most praiseworthy musical and calisthenic interpretation of "McNamara's Band," and for an encore the entire corps of reserves joined in a medley of tuneful ditties and "Taps."

Photographs—Froide—Bacon St.

"SPARK PLUG" MAZE

LATEST M. B. ATTRACTION

FOR JOY ZONE

Patrons of the Mission Beach amusement center will find a new and most entertaining addition to the joy zone now. It's the famous "Spark Plug," brought here this week by H. W. McGeary, an experienced and well known outdoor showman, who controls a number of attractions at Venice, Long Beach, San Francisco and Santa Cruz resorts. "Spark Plug" is stationed on the Prado, opposite the Mission Beach Roller Rink, and the mysterious twistings and turnings in the mirrored maze will afford fine amusement for young and old alike.

TWO NEW LIGHTS

FOR GUIZOT STREET

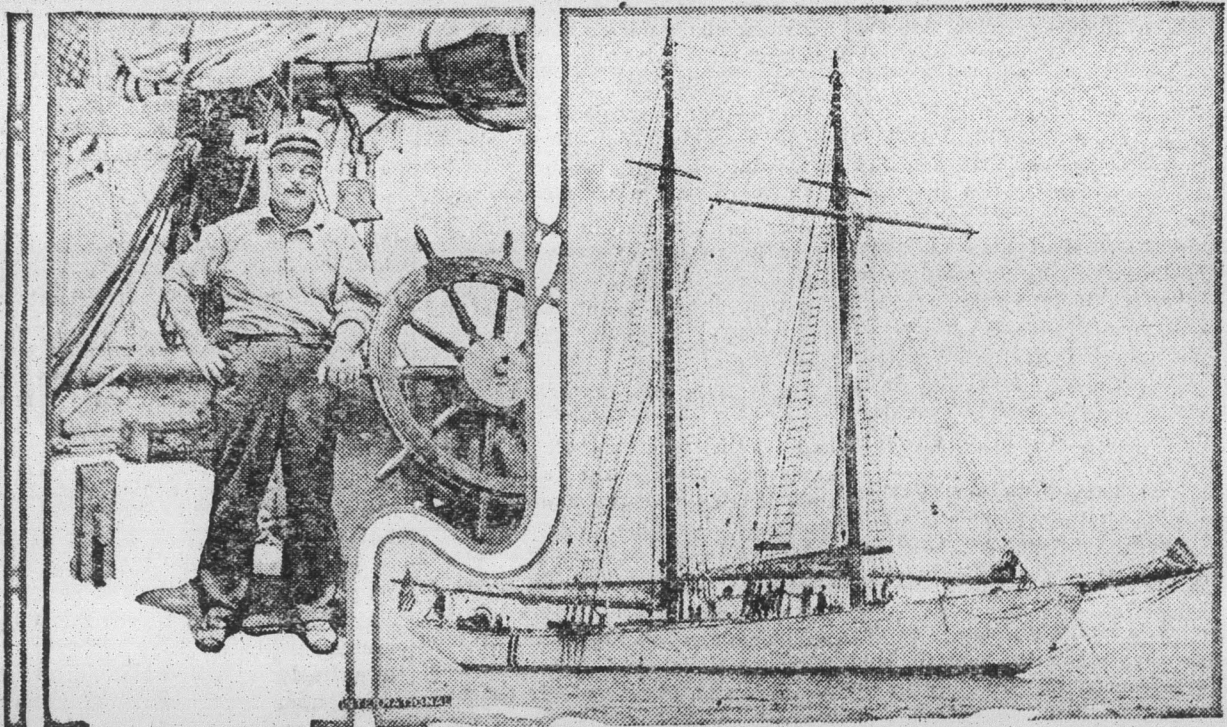
Among the new street lights ordered by the City Council last Monday two were apportioned to Ocean Beach, one to be placed at Guizot and Newport avenues and the other at Guizot and Long Branch avenue. The lights are to be of 600 candlepower and of the arc type. A new light is also particularly needed at De Foe and Brighton avenue.

Most Popular West Point Man Receives a Diploma



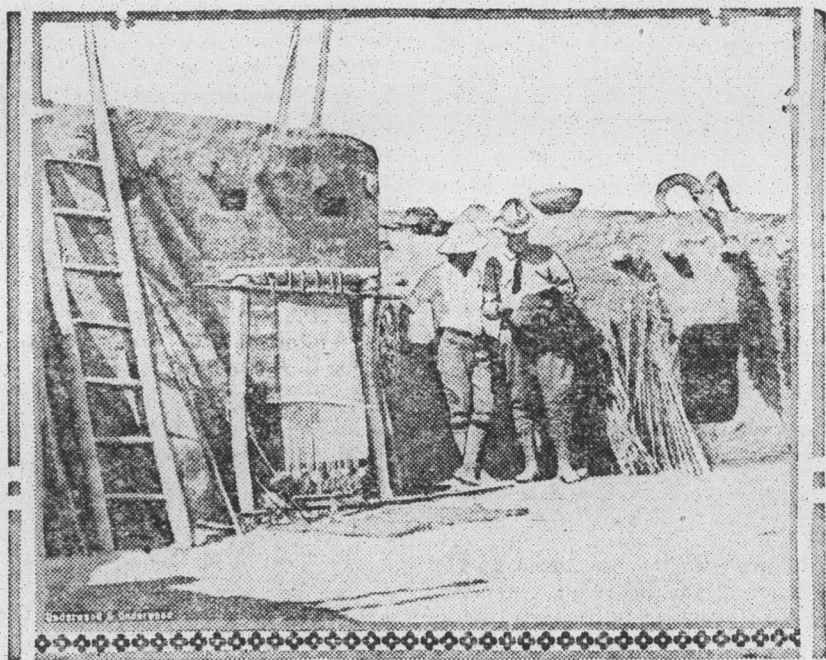
This picture of the graduation exercises at the United States Military academy, was taken just as Acting Secretary of War Davis was handing a diploma to August William Farwick, the most popular of the West Point cadets.

Ship That Carries Searchers for Lost Explorer



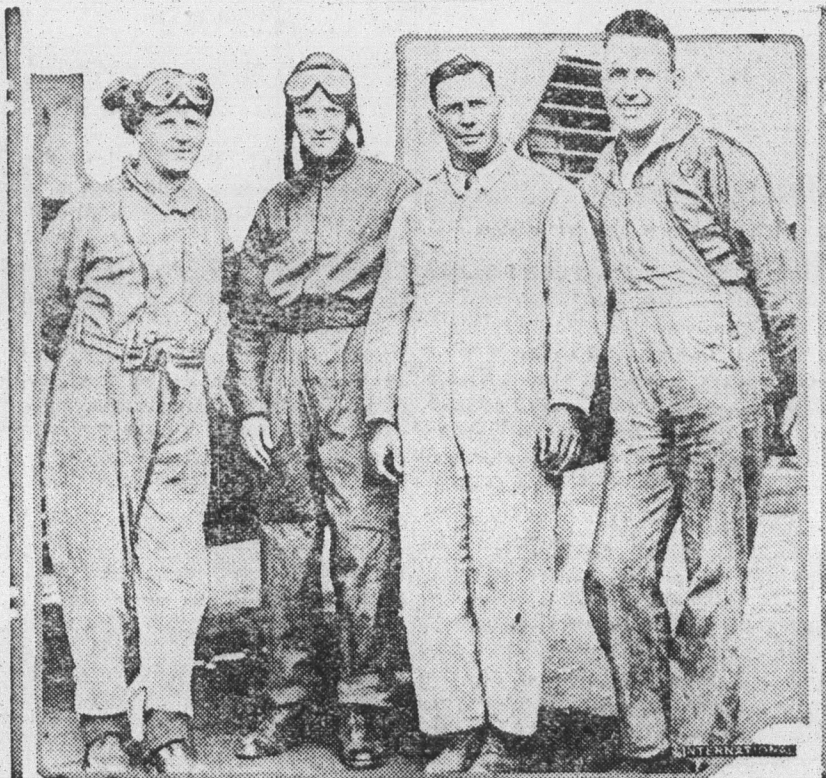
Another expedition to the Arctic regions started from Atlantic Highlands, N. J., on June 21, for the purpose of searching for William Nutting, an explorer who disappeared in northern Labrador about one year ago. The expedition sailed in the ship Zodiac, which is shown above. At the left is its captain, Norman Ross, at the wheel.

Ancient Nevada Pueblo Restored



One of America's ancient dwellings, some 2,000 years old, was restored in the Pueblo Grande of Nevada as background for a historical pageant. The picture shows a part of the house group which was rebuilt by Zuni Indians brought from New Mexico.

Pilots of MacMillan Polar Planes



Above are shown the aviators who piloted the two huge naval seaplanes from Philadelphia to Boston, where the planes were placed on board the MacMillan ship for the trip to the North pole. Left to right in the group are Lieut. W. A. Schur, Lieut. Commander R. E. Byrd, Chief Boatswain E. E. Reber and MacMillan's Mate C. F. Rocheville. The MacMillan expedition has started for the Arctic regions.

WILL DEFEND SCOPES



Latest portrait of Clarence Darrow, noted Chicago lawyer, who will be one of the counsel for the defense in the trial of John T. Scopes for violation of the Tennessee anti-evolution law.

KIDNAPED AND WED



Miss Ernestine Bean, stenographer of Kansas City, who says she was the victim of a kidnapping plot in which she was forced to marry her abductor. As a result of her story the police are searching for Joseph M. Phillips, twenty-three, of St. Louis, the alleged kidnaper of the young woman.

Community Building

Arrange Shrubbery as Nature Has Placed It

Don't forget to observe nature's way in arranging shrubs, trees and flowers. In the woods you seldom find trees growing in straight lines, stiff and formal. The margins and outlines of woods and thickets have indentations, bays and openings which give beautiful pictures and vistas.

Don't forget that looking from the inside of your home each window should frame a nature picture.

Don't think of home gardening as only a summertime effect. Your home can be planted with hardy, permanent shrubs and trees to secure equally beautiful wintertime pictures.

Don't plant without a plan. It will cost less in the long run.

Don't make the mistake of waiting until after your home is built before planning and planting. You should plant the walks, gardens, borders, etc., before the house foundations are in and immovable.

Don't permit your planting to obstruct the sunlight and ventilation of your home.

Don't needlessly cut and prune trees. A good tree on your building site may be the key to a successful planting plan. A good tree, ten years old, is worth many dollars. Keep it and care for it.

Don't forget that flowers pass quickly, whereas shrubs and hardy trees live on constantly.

Don't forget that your back yard offers as many possibilities in home gardening as your front yard.

Dirt Has No Place in Up-to-Date Town

Accumulations of dirt, whether in the streets or in the premises, are unhealthful. Also they are unsightly. Also they are unenterprising. A place that looks run down has a lower market value, regardless of its potential value. A street is made or unmade the same way, declares an editorial in the Kansas City Star. There are new, clean, well-kept community centers in the outlying sections that are models of care and examples of co-operative accomplishment. There are others that look as if neither the property owners nor the business tenants cared a rap for their own interests or ever conferred with one another for the center's good. Mean and makeshift improvements, while not insubstantial, and almost as offensive as disorder, and invariably they discount the value of the ground on which they are built.

Clean-up day is a fine thing; this year an indispensable thing. But the real thing is all-year cleanliness and order.

How Zoning Will Help

There will be considerable benefit from the increased attention of American centers to zoning if there is a persistent determination to enforce the provisions which zoning involves. The Department of Commerce reports that 320 cities and towns now have adopted zoning regulations and that zoning laws have been enacted or are being considered by nearly every state. Protection, however, does not follow automatically the adoption of a zoning ordinance. Where zoning rights are zealously guarded, there is promise of a better order in the cities that are turning to this new form of building regulation.—Kansas City Times.

Model of Playgronud

A miniature model of a five-acre playground for city children was constructed for the United States children's bureau and was displayed at the meeting of the International Council of Women held in Washington in May. The model contains a swimming pool, a shelter house, two tennis courts, a basketball court, a large baseball diamond, a smaller diamond, a wading pool for little children, seats for the story hours, swings, ladders, flying rings, sand boxes and all other needed equipment. Tiny figures of children engaged in the various sports were part of the model.

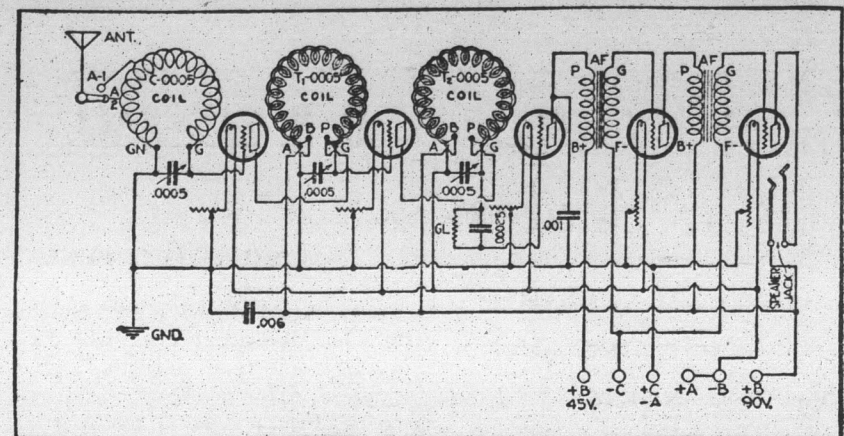
Look to Future Growth

Cities which were ill-planned at the beginning, and which have now grown large, can not go back to the beginning and adopt good plans. The best that they can do is to make improvements in their existing plans, along the lines which their founders should have laid down. This they can all do, to some extent; and they should realize that the more promptly they do it, the better it will be for them. The larger they grow on bad plans, the more the need of replanning will be felt, and the more laborious and expensive the process will be.—Washington Post.

City's Prettiest Street

Which is the most beautiful home in your city? And what are the points, anyway, on which a handsome house ought to be scored in a prize competition, as judges score Herefords, Wyandottes and prize babies, and bathing beauties? The Chattanooga (Tenn.) real estate board raised the question, with a contest it inaugurated to determine the most beautiful home in Chattanooga. Other groups within the National Association of Real Estate Boards are taking up the idea.

RADIO



Five-Tube Tuned Radio Frequency Receiver Using Low Loss Doughnut Coils

By CARLTON E. BUTLER

Associate Member Institute of Radio Engineers and American Institute of Electrical Engineers.

The tuned radio frequency type of receiving set employing two stages of tuned radio-frequency, detector, and two stages of low ratio audio-frequency amplification, is going to be far and away the most popular broadcasting receiver for the coming season.

This is due largely to the fact that the development of the toroid coil, for both radio-frequency transformers and couplers, has now reached the advanced stage, where practically all of the bad features of the tuned radio-frequency receiver are eliminated with their use.

Toroids are not new. Some of the best engineering talent in the United States and Europe has been working on them for three or four years. There always seemed to be some fault that could not be overcome, that prevented their successful application in radio receivers. Generally this consisted of high losses in the coil itself, that nullified the good effects gained by the peculiar shape of winding. This difficulty has now been overcome in the new low-loss doughnut coil designed by Frank Reichmann, one of the pioneers in the radio engineering field, by the use of stagger winding.

Shows Lowest Loss.

The stagger-wound doughnut coil not only has the advantage of an enclosed magnetic field, which prevents intercoupling, but it also shows the lowest loss of any coil now on the market. The enclosed field practically eliminates the pickup of stray signals and static by the set itself. These factors combined mean that the construction of a radio-frequency set with doughnut coils will produce a receiver that possesses tremendous volume, amazing selectivity, and a much better tone quality than is usually obtained with a set of this type.

Until the introduction of the toroid coil into the construction of tuned radio-frequency receivers, most all of the sets were built along the same lines, with great stress laid on the advantage of different methods of making the receiver stable in operation by preventing oscillation. Some circuits used a small balancing condenser between the grid of one tube and the plate of the preceding tube, others used a potentiometer or balancing resistance of some sort in the plate circuit of the radio-frequency tubes. Without stabilizing condensers or resistances of some sort, the average five-tube set of this type is practically useless, bringing in distortion and whistles when the receiver is tuned to the wave length of a station. The sole function of the auxiliary apparatus is to add sufficient losses, or resistance, to the circuit to bring the total amount of energy down below the oscillating point of the receiver.

If the same circuit could be so arranged that the fields of the coils could be balanced and located in a manner that no interacting of the magnetic fields of the coils would take place, the volume and range of the receiver would increase wonderfully. The tone quality would also improve with the absence of the auxiliary apparatus. This is exactly what is done in the receiver described in this article, through the use of low-loss doughnut coils which have self-contained magnetic fields, and so prevent interaction of the coils and circuits. It is for this reason that it is unnecessary to mount the coils at critical angles to avoid whistling and howling. In practice the coils may be placed side by side without any noticeable effects.

As the magnetic field is entirely closed, no pickup effect is noticed without the aerial and ground and no static or signals will be received except on the exact wave to which the receiving aerial is tuned. This makes it an ideal summer radio receiver, and it can be used near a powerful broadcasting station without interference.

Parts Needed.

To build the receiver you will need the following parts:
1 antenna coupler, low-loss doughnut coil.
2 low-loss doughnut radio-frequency transformers.
3 straightline frequency low-loss variable condensers of .0005 mfd. capacity.
2 8-to-1 ratio audio-frequency transformers.
5 standard tube sockets with five 25-ohm rheostats, if the C 301-A type of tube is to be used. This combination is recommended. Operation can be simplified by using a 25-

ohm rheostat to control the two radio-frequency tubes and a 6-ohm rheostat for the detector and two audio tubes.

1 each the following capacity fixed mica condensers: .001 mfd., .0005 mfd. and .00025 mfd.

1 2 or 8 megohm grid leak.

1 single-circuit phone jack.

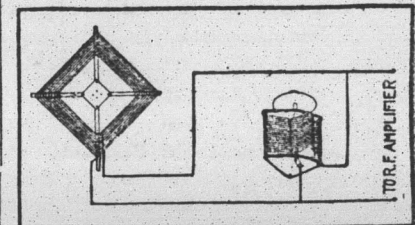
Binding posts, wire and screws complete the list of apparatus needed. The total cost of the receiver will approximate \$40.

The receiver can easily be assembled on a 7x18-inch panel, without crowding, but the conventional 24 or 26-inch panel may be used if desired.

Loop or Coil Antenna Unit Used Anywhere

By E. N. RAULAND

An important class of tuners employs no aerial or ground connection whatever, but only an inductance coil of large diameter, known as a coil antenna, or loop antenna, and a variable condenser for tuning it. These two pieces of apparatus form together a complete tuner, just as do the aerial, ground and tuned inductances previ-



Loop or Coil Antenna Tuner Unit.

ously described. The difference is that the loop type of tuner can deliver only a very weak current, ordinarily too weak to operate a detector directly, with any satisfaction. The loop antenna has the advantages, however, that it can be used almost anywhere, or carried around, and that it helps selectivity by its directional effect, in not picking up strongly any station unless it is pointed toward that station. When used with efficient radio-frequency amplifiers, it is, therefore, quite effective.

Soldering Iron Should Be Kept Well Cleaned

Soldering is easy after a little practice. The iron should be cleaned with fine sandpaper or emery cloth before using. When heating, if done over a flame, the pointed end of the iron should not come in contact with the flame. A little flux should be applied to iron and rubbed in with solder until the sides of the iron are bright.

The iron should be held under the work to be soldered whenever possible, and when the solder is running freely in the joint the iron should be taken away, and the joint allowed to cool. Flux should be used sparingly on joints, and should be wiped off when soldering is completed.

Don't use a "soldering paste" for flux. Rosin dissolved in alcohol or rosin core solder is all right.

Broadcasts Reports of Health in the Far East

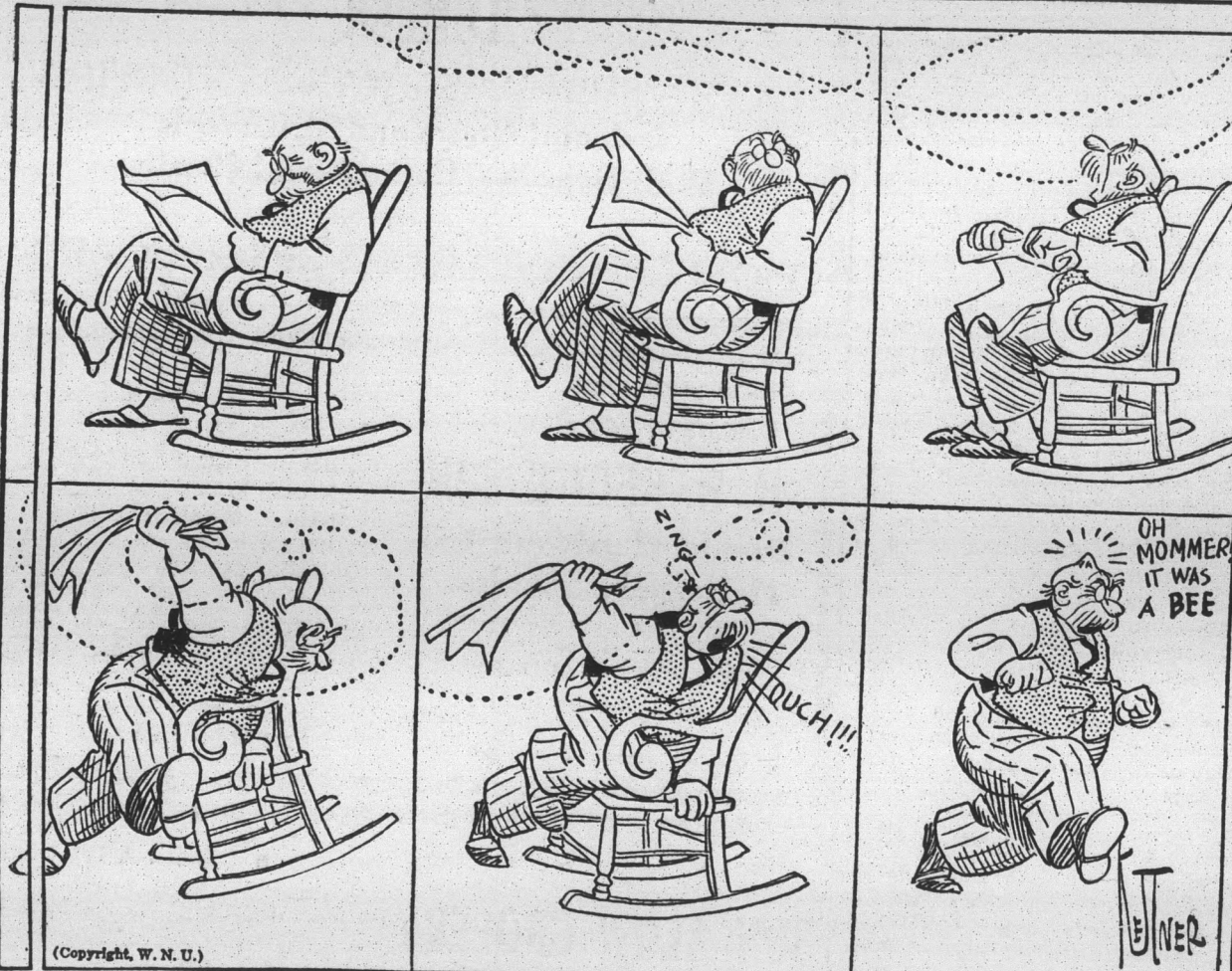
Radio has been impressed into service in the world battle against disease by the League of Nations. Each week the great wireless station at Saigon, French Indo-China, broadcasts into the ether reports of the state of health of the Far East, the plague area of the world. Heretofore these reports moved more slowly by mail or in a more limited area by cable. The epidemiological reports are compiled at the league base of operation at Singapore and include the latest figures on smallpox, plague and other dangers to man. In many cases they will allow quarantine regulations to be set up in sufficient time to protect other countries against invasions of disease imported from the infected lands.

Use Silver for Switch Contacts, Tube Sockets

Silver is the best conductor of electricity known and has several advantages over any other conductor. Most metals, such as copper, brass, etc., are subject to corrosion. This corrosion, which forms on the surface of the metal, greatly increases the resistance of the conductor to radio frequency currents, which travel on the surface. This is not true in the case of silver. Silver oxide, which is the corrosion which forms on silver, is an excellent conductor of electricity. Because of this fact silver is an ideal metal for switch contacts, tube sockets, etc.

OUR COMIC SECTION

Our Pet Peeve



(Copyright, W. N. U.)

WHAT'S THE USE



Making an Impression

THE BELATED EXTRA

By W. T. WATERS, JR.

(© by Short Story Pub. Co.)

NOTHING could have been more hideous than the series of mysterious murders down in Southend. The whole city was horrified to find the spotlight of the country turned unblinkingly on one of its own suburbs.

The fourth and last murder had been the most atrocious of all. A steady young bookkeeper, head of a happy little household, was on his way home Saturday evening, with his arms full of week-end packages. Searchers found him late that night. The bundles were scattered about just as they had fallen. A cabbage lay unrolled from the wrappings. Some oranges had rolled out of a paper sack and lay scattered in the mud at the edge of the sidewalk.

The bookkeeper himself—well, there were no evidences of robbery. There was the same lack of apparent motive that had characterized all the other killings of the past three months. The same devilish hand seemed to show in all of them.

The police were baffled. Such faint clues as they managed to unearth led them nowhere. The city was getting nervous. Men asked each other timorously where this thing would stop. Few were bold enough to walk the streets of Southend—or, for that matter, any other part of the city—after nightfall.

Haden, star man of the News, was on the story for his paper. For days he had not been seen about the office. Not a line of copy came from him. To his mates he himself had become a mystery.

Early on this particular afternoon he sat in whispering conference with Farnum, managing editor of the News, and Burke, the city editor, in the former's office.

"It's the biggest story of my life," Haden was saying. "I've tied every thread together, and there's no doubt on earth that I've located the fiend. Whatever you think about my yarn now, before the day's over you'll have to believe it. He's the man, and no mistake. I've hardly lost sight of him for three days. At three o'clock I met Roswell. He's the deputy, you know. Then we go together and get the warrant, and after that there's nothing to do but serve it."

Farnum laughed nervously. "Just be careful, Haden."

"Roswell doesn't know where he's going, and has no way of knowing till I tell him. Nobody knows but you and me. I've promised Roswell all the credit if he keeps his head shut. Every hole is plugged. There just can't be a leak outside the office. If it's kept tight inside here we'll wake them all up with the biggest story of the decade—facts, solution, all."

"I think it won't get out from here," Farnum opined, smiling with a show of satisfaction, and pointing to his locked desk. "In here's the type and the only proof that's been taken. The foreman of the composing room himself set it last night, after everybody had gone. He wouldn't tell under torture. If you've got it sewed up outside, Haden, it's in a bag here. We'll stand by till you 'phone to let 'er go. Then she goes."

Haden stood up, looking at his watch.

"Fair enough, then. I'll have to get along. We've got to be prompt to the dot. He doesn't vary a second. Roswell and I will get out there and wait, and then while the fit is on him, while he's in his own trap with all the gruesome stuff around him, we'll get him."

"It's a ticklish business, and you don't want to get hurt," said Burke, shifting in his chair.

"Oh, I'm not fooling myself about that part of it," Haden answered, shaking his head and smiling. "I warned Roswell to come prepared for trouble. And he knows I never joke."

He opened the door and stepped across the threshold, lowering his voice, though there was no one in sight in the corridor.

"When you hear 'let 'er go' from me you can just send that extra sizzling out, for I won't say it unless everything is all right. So long."

With a nod and a smile he closed the door and was gone.

The regular city edition of the afternoon run was off the presses and gone. The big machines in the bowels of the building were thundering forth the out-of-town edition. One of them was not working, however. Its crew had been ordered to "stand by," and they waited without knowing or caring the reason. The boss pressman himself had slipped the casts on the cylinder, and nobody else below knew they were there waiting for the press of a button that would send them racing into the extra which was to startle the country.

Burke, on the top floor, held his whole force of reporters together.

"Something's up, I'm thinking, and it's got the bosses scared, from the looks of things," said Hurd, of the courthouse run, to Fisk, the city hall man, as they sat together with their feet elevated upon a litter-strewn table. But no explanation was forthcoming, so they talked of other things.

Burke sat at his desk, apparently busy. His thoughts, however, were swirling through doubt and conjecture. Farnum, nervously pacing the floor of the local room, caught Burke's eye once in passing, but neither changed

expression or spoke. The telephone rang time and again. At each ring Farnum and Burke thought their nerves would snap till the call was answered.

One of the rings came from Carson, the man on police. He wearily reported an ambulance call from "somewhere down south." He was told to rush what he could for the night edition, if the story turned up anything.

The wait went on and on. The blank, meaningless strain began to worry the men. They tried to busy themselves at their desks with dub stories for the next day. The endless clatter of the telegraph keys at their gossip and the sporadic ringing of the telephones upon a flat silence grew irritating.

A shrill cry came up from the street below.

Burke leaped to his feet and rushed to a window, with Farnum beside him. A faint clamor of treble voices, growing in volume every second, was to be heard from the street below. Burke slammed the window open.

"Extra—a! Allerbut de—"

Carson burst into the room behind them.

"It's Haden," he groaned. "Oh, my Lord, he's gone! Here it is." He thrust a flaring extra of the Sentinel under Burke's eyes. "It was that ambulance call. I had just landed the story when the boys caught me with this down on the street."

Every man in the office was standing alert. Without a word they gathered around Carson and Burke, listening silently and tensely to what Burke read aloud:

MURDER FIEND IN SOUTHEAST GETS TWO MORE.

Deputy Sheriff and Newspaper Man Latest Victims

Albert Haden of the News and Deputy Sheriff Roswell found dying and dead behind "haunted" shack in fury-ridden district. Mystery piled on mystery. Police summoned by call from unknown source and respond with reserves and bloodhounds, finding Haden and Roswell in weeds behind abandoned house on Allen road where son killed parents thirty years ago. Shack surrounded by officers. Besiegers under fire of murder fiend within walls. He cannot escape.

Then Burke's eyes skipped to other lines of big type below these:

Haden, in delirium on hospital table, mutters "Let 'er go! Let 'er go!"

Farnum burst out of the group and disappeared through the door.

"Quick, the last mother's son of us!" commanded Burke. "Carson and Hurd to the shack. Fisk to the hospital. Brady—"

He shot orders right and left, while the telephones rang madly and men vanished like magic. The presses were already rumbling and roaring angrily in their pit.

They were still hot and fuming from their mad race through extra after extra when, about midnight, Haden became aware that Farnum was standing beside his cot in the hospital. He regarded him steadily for several moments, to be sure that he was not seeing another of the phantasms that had been bothering him in his fevered dreams. Farnum was smiling.

"Did we make it?" Haden strained to make his question audible.

Farnum nodded. "They got him," he added.

Whereupon Haden closed his eyes again, and without further ado went back to sleep.

Bird Songsters Not of the Same Family

William Lyon Phelps, in a pleasant article in Scribner's Magazine, expresses some surprise that the English blackbird sings so beautifully, while our own blackbirds produce so poor a quality of music. After hearing our blackbirds, grackles and redwings, when Professor Phelps heard in Europe "a strain of the loveliest music in the world" he could hardly believe it when they told him it was a blackbird singing. The English or European blackbird is not a blackbird at all, according to the American understanding of that designation. The English blackbird belongs to the thrush family, of which our hermit thrush, wood thrush and robin are prominent members. They all sing well. In fact, musical ability runs in the thrush family wherever its representatives are found. The English blackbird is really our robin, except that he differs somewhat in appearance, the variations being due perhaps to climatic conditions. No wonder he can sing! The bird known in England as the robin is really a warbler, not related at all to our robin except that both are birds.—Ohio State Journal.

Musical Changes

One musician explains that the term "blues," now given to combinations of major and minor chords with lapses into sevenths, was applied by trouping musicians to unintentional discordant sounds. A musician who played too many blue notes was discharged. Nowadays, the more notes of this kind, suggestive of cat, dog, cow or train that he makes, the more valuable he is to a musical organization.

Norway's Capital

According to tradition King Harold founded in 1048 a town on the eastern part of the present city of Christiania, to which he gave the name of Oslo, a name never explained satisfactorily. In 1626 it was burned, but although incorporated with the city of Christiania, the old Oslo had never been altogether given up, the citizens retaining their ancient privileges and their ancient coat-of-arms.

FAMOUS "LIFER" STILL FIGHTS TO SEE WORLD

Jesse Pomeroy, Denied All Pleas for Liberty, Still Hopes.

Boston.—The doors of the Charles-town state prison clanged behind him 50 years ago when he was a stripling of seventeen. Today he is a grizzled old man of sixty-seven, but he still is fighting, fighting, fighting in the hope that some day he will get out to see the modern world about which he has read so much. He wants to see a trolley car, to ride in an automobile, to fly over the mountain tops in an airplane. Jesse Pomeroy, the most famous "lifer" in all America, has written a really graphic poem on the flying machine.

Although 20 years of his time has been spent in solitary confinement, Pomeroy does not feel that the world has passed him by. His "solitary" was done years ago, when he was young and rebellious and fought and broke all the prison rules. For the last two decades Jesse has been what they always call the model prisoner.

Sues Boston Woman.

That's why he has entered suit for libel against a Boston woman who wrote a letter to a newspaper claiming that Pomeroy had skinned alive a little kitten placed in his cell. Pomeroy feels this letter has prejudiced the public against him again and ruined his chances for parole or pardon perhaps for years to come. And so he says he had been damaged \$5,000 worth.

Pomeroy's half century of confinement has been spent under the very shadow of Bunker Hill. Pomeroy has just suffered another setback, the refusal of Governor Fuller to consider him for a pardon.

When Pomeroy was fourteen it was charged he had murdered a four-year-old boy, found with his throat cut and 15 stab wounds in his little body. Three years later Pomeroy was convicted and sentenced to be hanged. The governor commuted the sentence



He is an Omnivorous Reader.

to life imprisonment "because of the lad's youth."

The "boy fiend," the "fiend incarnate," as he was called at the time, entered the state prison September 9, 1876. And he has been there ever since. Perhaps if his suit for libel is permitted to stand in the courts he may get out to attend the trial. Perhaps that chance rather than the need for \$5,000 damages has prompted him in the suit. There is further explanation of the libel action in the fact that Pomeroy has come to consider himself an able lawyer. He has read and studied law for years, giving especial attention, of course, to murder trials. Not many years ago he prepared what was pronounced a very able brief on his case and tried to get permission to argue it before the Supreme Judicial court of Massachusetts. He was denied the request, as he has been denied every request looking to his liberty.

Student of Languages.

Pomeroy has studied languages and is proficient in at least four. Perhaps he hopes to do a little world travel before his days are ended. He also has studied chemistry and is well read in history. His turn for poetry is not at all bad and he is one of the most valued contributors to the prison magazine. Prison fare and prison days—even the 20 years of "solitary"—have not broken Jesse Pomeroy. He is in good physical condition for a man of his age. He is an omnivorous reader and in that way feels he has kept up with the progress of the world—has kept step better, he believes, than the unobservant and the illiterate among the free men who see, but do not understand. Modern inventions interest Pomeroy hugely. The picture papers and magazines are his hobby. He believes he could step out into the world tomorrow and probably never get a thrill, for he has visualized all that is taking place and his imagination has carried him far afield. The old prisoner is described today as a "good religious man," but no warden as yet ever recommended his release. He is popular in the prison, however, and does his work well.

MICKIE, THE PRINTER'S DEVIL

Pardon Us a Moment



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COUNTY OF SAN DIEGO

Board of Supervisors—Mrs. Mildred Green, 1st district; E. A. Hornbeck, 2nd district; Joseph Foster, 3rd district; Charles L. Good, 4th district; Thomas M. Hurley, 5th district. County Clerk—J. B. McLees. County Assessor—George W. Moulton. County Auditor—C. R. Hammond. County Coroner—Schuyler C. Kelly. District Attorney—Chester Kempley. Farm Advisor—James G. France. Public Administrator—Edwin Reed. County Recorder—John H. Ferry. Sheriff—Ed. C. Byers. Under-Sheriff—James F. Cooper. Supt. of Schools—Miss Ada York. County Surveyor—Ernest Childs. County Tax Collector—Herbert A. Croghan. County Treasurer—George W. Heston.

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Promoting the Progress of the Beach Sections of San Diego and the Entire Point Loma Peninsula.

PUBLISHED EVERY SATURDAY

4829 Saratoga Avenue
Ocean Beach, California
Phone Point Loma 17KIRK SMITH, Editor-Owner
KATHERINE SMITH, Sec'y.-Treas.

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"Entered as second-class matter December 1, 1922, at the Postoffice at Ocean Beach, California, under the Act of March 3, 1879."

A LEGAL NEWSPAPER
EIGHT PAGES

Saturday, July 25, 1925

DON'T GET INTO A RUT

A change is something most of us can use to very good advantage. Even an occasional short trip will furnish enough variety to prevent slipping into that always dangerous and very human pitfall known as the rut. For this reason one should take every opportunity to travel even if it means a slight inconvenience when there are children.

MICKIE SAYS—

NOPE, THEY AINT NO PLACE IN TOWN WHERE YOU CAN GET AS MUCH FOR YOUR MONEY AS WE'LL GIVE YOU IF YOU SUBSCRIBE FOR THIS PAPER! IT'S A REAL BUN, AND IT LASTS FOR A HULL YEAR TOO



DR. AND MRS. L. F. WOOD

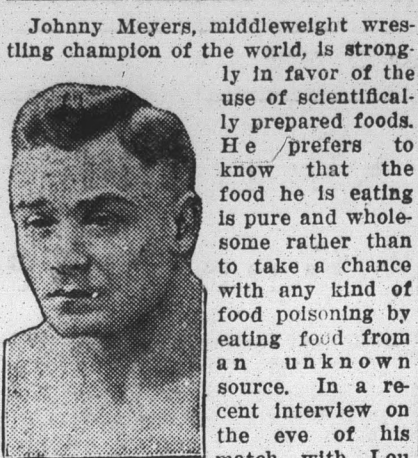
CELEBRATE GOLDEN WEDDING
WITH FINE RECEPTION

Pioneer students at the International Theosophical headquarters joined with the family and friends of Dr. and Mrs. Lorin F. Wood last Monday evening in celebrating the fiftieth anniversary of their marriage. Decorations of their Loma-land home, Casa Rosa, and gifts received, carried out the sentiment and traditions of a golden wedding day, as well as the program of music and tributes which followed the reception.

Dr. and Mrs. Wood are both New Englanders, and have been identified with the Point Loma institution since its foundation. Dr. Wood has been head physician and dietitian in charge of the pupils of the Raja Yoga school, college and academy continuously since they were founded. He joined the Theosophical society in 1891, came to Point Loma on a visit in 1897, and the following year brought his family to remain.

Mrs. Wood has occupied a valued position in both the Raja Yoga school and academy, as chaperone, adviser and teacher of home arts. Dr. Wood's daughter, Mrs. Ethel Wood Lambert, is principal of the Raja Yoga academy and head of the Lotus group, or Theosophical Sunday school, in the city. His son, Dr. Lorin F. Wood Jr., is connected with the United States Veterans' bureau hospital at American Lake, Wash.

Champion Wrestler Tells What to Eat



Johnny Meyers.

Johnny Meyers, middleweight wrestling champion of the world, is strongly in favor of the use of scientifically prepared foods. He prefers to know that the food he is eating is pure and wholesome rather than to take a chance with any kind of food poisoning by eating food from an unknown source. In a recent interview on the eve of his match with Lou Talaber, from whom he won his crown, he said: "I expect to win the crown from Talaber. He is a fine wrestler and uses more science than any man of the mat today. However, I feel sure that my superior physical condition will prevail and that I will emerge victorious and the champion of my division. Diet is a very important part of my program in training for a match. The system that I use is really very simple, involving only good judgment and caution in the selection of food. I prefer to eat scientifically prepared foods whenever possible and I never eat anything to which is attached the slightest doubt of its purity. I eat a great deal of canned foods because I am sure that they are pure and will have no ill effects on my digestive system. Take, just as an example of what food can do for the body—milk. It is the greatest of body builders and a very important part of any man's diet. But is sometimes impure or contaminated and may be the source of illness if used. Because of this fact, I use evaporated milk entirely and find it very satisfactory. I know that it is pure and that I will not suffer from its use. I know that it is a great body builder because the concentration of it gives it such food value. I know that it is easily digested, more so than market milk, in fact, because I drink it before going to bed and feel no effects or it in the morning. This is usually hard to do with ordinary market milk. This plan, in substance, is the same one that I use regarding other foods. If there is any chance or suspicion of impurity or low food value, I use something else.

"And if a man is so situated that it is impossible for him to get the proper amount of exercise, he must be doubly cautious not to partake of any but the purest food. On the whole, if a man eats with wisdom and observes the fundamental rules for good health, there is no reason why he should ever have a sick or uncomfortable day."

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A FEW DON'TS FOR BATHERS

Don't go into the water immediately after eating.
Don't go into the water when overheated.
Don't go beyond your depth.
Don't take any unnecessary chances.

DEATH TAXES AS BUSINESS KILLERS

Assistant Treasury Secretary
Tells Fate of Fate of Two
Successful Men.

Men cannot be expected to continue to work, day after day, increasing the productiveness of this country and benefiting others, if they know that on death the major portion of their earnings will be dissipated in Federal estate and state inheritance taxes, declares Charles S. Dewey, Assistant Secretary of the Treasury, in the American Bankers Association Journal. He says:

"I am going to relate a fable in terms of modern business conditions. John Henry and Walter Brown were aggressive, hard-working men, and each had started business for himself. 'At the time this history opens, John Henry had just died, leaving his entire estate to his son, John Henry, Jr., and had appointed his old friend, Walter Brown, as executor. Prior to his death John Henry had moved to California, leaving his business in the hands of his son under whom it had continued to make excellent headway. The father had been doing a little speculating in oil. This venture had not proved successful and he was indebted in the sum of \$500,000.

"Executor Walter Brown, on examination of the estate, found the following situation:

Capital stock of Henry & Co., Inc., a Michigan Corp.	\$5,000,000
Personal debts due banks	500,000
California inheritance tax	\$85,700
Michigan inheritance tax	122,000
Total	\$5,207,700

"Added to the personal debt and administration expenses, this made a grand total liability of \$1,955,200. The year was 1920. Money was tight. Other manufacturing companies in the same line which might have been interested in a purchase had no money for extensions nor were the banks in a position to handle a loan of this type. Here was a most successful business, built up from small beginnings by one man and carried on to further successes by his son, about to be placed under the hammer.

"Is there any justice in taxation that may force a man and his family to lose the fruits of his entire life's labor, and permit others to benefit? As a last resort, Henry, Jr., was forced into a bond issue. A loan, to settle the debts, administration expenses and death duties, of \$2,250,000 was negotiated, upon the following basis:

"The capital stock of the company was left at \$5,000,000 represented by 50,000 shares. First mortgage 8 per cent bonds were offered the public with a bonus of two shares of stock with each \$1,000 bond. The banker, to protect his bond customers, kept 30,000 shares to assure control of management, and John Henry, Jr., received the balance of 15,000 shares. John now has a good job as general manager of his father's old company, but they do not pay him very much.

"Now we must return to Walter Brown, executor of John Henry, Sr. Walter had always kept close to his own manufacturing business. The more he considered his own situation, the more closely it seemed to him to resemble that of his old friend.

"He therefore called a lawyer and made a complete schedule of his assets, requesting that an estimate of administration expenses and death duties be made. The schedule of assets was as follows:

Capital stock, Walter Brown Co.	\$4,000,000
Mich. Corp.	400,000
California real estate	1,000,000
Tax-exempt bonds, Minn., Mont. and Colo.	500,000
Total	\$5,900,000

"Within a few days Mr. Brown's lawyer made the following report:

Debts and admin. expenses	\$500,000
Fed. estate tax	\$710,625
Cal. inheritance tax	443,194
Mich. inheritance tax	260,409
Minn. inheritance tax	4,283
Mont. inheritance tax	4,486
Colo. inheritance tax	2,700
Total death duties	\$1,425,703
Total expenses	\$1,925,703

"On this basis the estate suffered a reduction from \$5,900,000 to approximately \$3,974,297, thus wiping out all assets except the corporate stock and placing a heavy loan on that. Mr. Brown had one son and, as he thought of John Henry, Jr., tolling away with little hope of opportunity he determined that he would not subject his own son to the same tribulations.

"Boom times having come, there was no difficulty obtaining a purchaser for Walter Brown & Co., and the California real estate was sold at a good price. The whole was invested in tax-exempt bonds which yielded a very safe return of about 4 1/2 per cent. Walter Brown then moved his legal residence to the more friendly climate of Florida, where state inheritance and income taxes are forbidden.

"The country suffers by the loss of effort which Walter Brown might have continued to expend under a more intelligent system of taxation. We must reform the tax system in such a way that business and industry shall not be hampered. We must make sure that American citizens shall not be deprived of the incentive to work and accumulate and that this country shall not cease to be a land of opportunity. A tax system which discourages initiative cannot be the right system for America."

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Sunday School, 9:45 a. m.

Wednesday evening at 8 o'clock.

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Morning worship at 11 o'clock.

Rev. L. P. Valentine, former pastor, will preach both morning and evening.

At the Young People's meeting, 6:45 p. m., questions of a religious nature to be handed in by the young people will be read and answered.
Song service, 7:45 p. m.
Residents and summer visitors are cordially invited to attend these exercises. A welcome awaits you.

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Week Days—Service at 8:00 a. m. At Roseville, Sundays—Service at 10:30 a. m.; Sunday school 11:30 a. m.

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Morning worship at 11 o'clock.

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MISS RUTH VARNEY

HOSTESS AT J. O. G.

"CAMPING-OUT" PARTY

On Friday night, July 10, the J. O. G.'s were entertained with a "Camping-Out" party at the home of Miss Ruth Varney, on Saratoga avenue.

When the guests neared "Varney's Cabin" they found it necessary to row up the San Diego river to reach the cabin. After they had arrived, they were invited to view the scenery, which consisted of the old swimming hole, a deep forest, wild deer, wild flowers and other entrancing features. Coal oil lamps furnished lights for the cabin, which was typically adorned with guns and snowshoes. The guests amused themselves in dancing, horseshoe pitching, singing, playing cards and taking a hike to such points as the "stump of Washington's cherry tree," a bean forest, the Notvery Hot springs, Eve's fig tree and Moses in the bulrushes.

The invited guests were Dorothy Harrison, May Davidson, Eleanor Allison, Dorothy Dunn, Edna Bishop, Dorothy Vaughan, Margaret Adams, Evelyn Wells, Ruth Shepherd, Margaret McClellan, Lenore Belmont, Winnifred Varney, Alan Belmont, Clifford Wells, Harry Holloway, Ben Burnham, Samuel Baysinger, Billy Choute and Walter Varney.

Greeting Cards—Froide—Bacon St.

MOST ENJOYABLE

GET-ACQUAINTED TEA

A very delightful get-acquainted tea was given at the home of Mrs. J. E. Dunbar on Cape May avenue last Thursday afternoon. The guests were entertained with singing by Miss Ruth Varney, accompanied by Miss Dorothy Harrison at the piano; reading by Mrs. Rankin, and piano solos by Jessie Dunbar and Mary Jane Beeler. The others in attendance included Mesdames Lamson and King of San Diego, and the following beach residents: Mesdames Beeler, Bonds, Boy, Beauchard, Gilbert, Close, Christerson, Harison, Dunbar, Ratty, Rankin, Robinson, Daley, McCullough, Mason, Varney Weischedel, Winnans, Wallace, Holmes, Allison and Willebell Purcell and Eddie Shoning.

CAMP-FIRE GIRLS

RETURN FROM VACATION

The Camp-Fire Girls of the Tapa-pochon Fire, who left here July 5 for a two weeks' camping trip at El Monte grove, returned July 19. The following Ocean Beach girls were accompanied by Mrs. Florence Volk as chaperone: Misses Phyllis Osborn, Ruby Olson, Georgia Sharp, Esther Henriks, Lois Lee, Gertrude Pullman, Muriel Allison, Barbara Burdette and Frances Tanner.

COMING BACK TO STAY

Recent guests at the home of Mr. and Mrs. Jules Garnier on Brighton avenue have been Mr. and Mrs. Fred Kubler and friends; Mr. Jos. Rossi of San Diego, and Mr. Charles Pagses, who came from Philadelphia to spend his vacation with his friend, Mr. Garnier, and will return to make his home in Ocean Beach.

PI TAU KAPPA, NO. 2

The Pi Tau Kappa, Junior No. 2, held their monthly meeting at the home of Mrs. Alice Allen, 4646 Cape May avenue, July 17, a large number being present. A nice program was given and the friends and members of the club presented Mrs. Alice Allen with a silver vase. Jessie Dunbar brought a beautiful bouquet of large yellow daisies and made a very creditable speech.

ENGINEERS' ANNUAL PICNIC

Mission Beach has been chosen by the San Diego chapter of the American Association of Engineers for its annual picnic July 26. The engineers will assemble at the north end of the board walk to hold their games and have lunch.

Miss Florence Chambers entertained members of her swimming class at the San Diego Yacht club, Point Loma, last Thursday afternoon.

GARDEN FETE

AT THE SIMISON HOME

THIS AFTERNOON

Over one hundred invitations have been issued by Mr. and Mrs. William Simison and her niece, Mrs. Richard W. Miller for a large reception and garden party to be given this Saturday evening in the beautiful gardens surrounding the Simison home at Loma Portal. The affair will honor two charming young women, Miss Marguerite Barkeley, who will become the bride of Orion Nobles early in September, and Miss Biona Hull of Wichita, Kan., who is the houseguest of her aunt, Mrs. Theodore Kistner.

GIRL RESERVES CLOSE

SUMMER CAMP

This is the final week of a very successful five weeks' camping season by the Girl Reserves, under the able directions of Miss M. Barkeley. Over 100 girls were in attendance, their ages ranging from 10 to 18 years.

MISS LOIS CARL HONORED

WITH FAREWELL PARTY

A farewell dinner party was given last Wednesday evening in honor of Lois Carl, niece of Mr. and Mrs. Cecil O. Carl of 4875 Coronado avenue. The home was decorated in pink and green, the flowers being sweet peas. Music and games were enjoyed to fill the evening. The guests included: Martha and Marjorie Howell, Dorothy Williams of San Diego; Harriette Christenson, Lenore Belmonte, Harriet Jobes, Maxine Carl and Lois Carl.

SHIRLEY COTTAGE OPEN

FOR VACATION TIME

With its many advantages for healthful recreation and strength-renewing rest, Shirley Cottage, maintained and operated by the San Diego Y. W. C. A. at Mission Beach, will be open beginning next Monday to girls and young business women for week-ends or full vacations.

FOR FRIENDSHIP SAKE

Mrs. Norma K. Mott of El Paso, Texas, arrived in Ocean Beach last Tuesday to spend the summer with Miss Cletis Wagner. Mrs. Mott and Miss Wagner are old-time friends from the East.

VISITING SISTER

Mrs. J. B. Ingram and daughter Irene are visiting Mr. and Mrs. John W. Mott on Strand Way, Mission Beach. Mrs. Ingram is a sister of Mrs. Mott.

GUESTS ENTERTAINED

Mrs. John W. Mott entertained Mrs. Rose Bartling and daughter Monica Friday and Saturday of last week.

McKENZIE-DONALDSON

A marriage license was issued this week to Frank M. McKenzie of San Diego and Lela A. Donaldson of Los Angeles. The bride is well known in local musical circles and is the daughter of Mr. and Mrs. H. A. Lyman of Cape May avenue.

FROM STORKLAND

A son was born July 9 to Mr. and Mrs. Edward F. Gottesburen of 4962 Niagara avenue.

A daughter was born last Tuesday to Mr. and Mrs. R. W. O'Leary of Brighton avenue.

A daughter was born July 20 to Mr. and Mrs. Donald G. Carl, of 4742 Pescadero avenue.

A boy was born July 15 to Mr. and Mrs. Robert H. Powers, of 4860 Newport avenue.

A son was born July 17 to Dr. and Mrs. W. M. Tipple of 4978 Narragansett avenue.

The Point Loma assembly house was the scene of a delightful party held last Saturday evening by Mrs. H. A. Kern of San Diego.

Health and Home

WHAT IS EVAPORATED MILK?

Did you ever stop to figure out the exact meaning of "Evaporated Milk"? The word "evaporated" may give you the idea that in the process of evaporation the milk has lost some of its valuable qualities. It hasn't. It has lost only water. Sixty per cent of the water is evaporated from the milk after it comes fresh from the cow. The first step in processing the milk is the evaporation, when a portion of the water content is removed. The second step is the homogenization, which insures the cream being distributed evenly throughout the milk. The third is the canning. The fourth is sterilization, which takes place in the can when the milk is subjected to sufficient heat to destroy the bacteria. Thus evaporated milk remains as pure and fresh in the container as when it foamed into the pail in the farmer's barn.

Evaporated milk is now generally recognized as the freshest milk available to those not living on farms and producing their own milk. For freshness in milk means purity.

Transportation of milk from the dairy country to the city is well systematized and rapid and yet owing to the immense quantities of milk that must be rushed in daily, much of it must be obtained at considerable distances and a large per cent is necessarily some days old when it is delivered by the milkman.

Evaporated milk, on the other hand, is last night's and this morning's milk. From the dairy barn, always under rigid inspection, it is hurried by farmers to factories located in the heart of the dairy country and delivered when it is fresh. Evaporated milk is canned just at its "freshest moment," when it is in its finest state. It is never allowed to get old. The whole process from cow to can requires only a few hours. It may be interesting to know that the process of sterilizing takes place after the milk has been sealed in its containers. Once in its sterilized containers, there is no possibility of deterioration.

The sterilizing of evaporated milk insures its purity—it makes a safe milk for the children. Evaporated milk is boiled milk, and this makes it more digestible.

It may be used for any milk need with safety and economy.

For ordinary cream needs, use it just as it comes from the can. When a rich milk is desired, add an equal part of water. For cooking and baking, two parts water and one part milk will usually suffice.

WHAT COULD BE BETTER

For

A Birthday Gift
A Wedding Present
A Friendship Remembrance
An Anniversary Memento
Than a Year's Subscription to
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Only One Dollar for One Year

The Blue Bird says



Maybe it is a good thing the child labor amendment wasn't adopted. What would the New York team do without Babe Ruth?

But what are we going to do about the child labor of some grown men?

Speaking of weeks. Why not have a full week's work week?

It's a good thing U. S. Senators are paid by the year. They would starve to death on piece (or peace) work.

Let's not have another constitutional amendment until the federal courts catch up with this one.

A scientist says men are more open to conviction than women. They certainly are convicted more often.

Only half the voters vote—and generally the wrong half.

We cannot hope for much in the way of prison reform until we get to sending a better class of folks there.

\$800 for a dog-bite, says a newspaper headline. We will wait until they get a bit cheaper.

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SOMETHING TO THINK ABOUT

By F. A. WALKER

IN A NEW DOMAIN

WHEN you are dejected and shadows darken your spirit; when the sun has lost its cheer, and the beauty and the fragrance of the flowers are gone, it is time to look about for a new domain.

It is not so much a new physical domain that you need as a new mental domain, where thoughts are changed and joyous visions troop gaily by against unfamiliar background.

The old notion that when one is tired out in body and brain, one needs to recuperate in strange lands, is taboo.

To dismiss customary routine, vexing thoughts, is really the principal thing to do. When you can do this you will discover to your delight that your former energy responds to your call with an alacrity that is astonishing.

Rest does not consist of indolence. Idleness dulls the mind of customarily industrious men and women, and induces another form of dissatisfaction and weariness which is frequently more exasperating and nerve-racking than is mental or physical labor.

You may not be conscious of it, but when you realize that you are tired through and through, you are in a rut from which you must pull yourself out by your own exertion, aided by faith in your strength to do so.

Change your diet, add an extra hour to your sleep before midnight, depart from customary amusements, pursue an entirely different course in reading,

seek out old friends whom you have for some cause or another long neglected, take brisk walks in the open air, bathe in the sunshine, and in a short time you will be amazed at the improvement in both your bodily and mental prowess.

You will find that the old sluggishness has been lost somewhere along the way, that your mentality is more alert, that there is a new zest in life, a stronger beat of the heart, two brighter eyes and two cheeks of a rosier hue whose reflection in the looking-glass is a delight to behold.

And the most gratifying part of all may be the thought that you wrought the wonderful change by your own will without spending anything except your energy, which needed the change to stir it up and start it going again at its customary gait.

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Real Vicar of Bray

The Vicar of Bray, of ballad fame, was the Rev. Symon Symonds, who four times changed his religious faith between 1533 and 1558, being Catholic under Henry VIII and Mary, and Protestant under Edward and Elizabeth.

THE YOUNG LADY ACROSS THE WAY



The young lady across the way says she should think Great Britain would rather pay the entire debt in cash and save the interest.

(© by McClure Newspaper Syndicate.)

SCHOOL DAYS



most important paleontological contribution to the knowledge of the world was a paper on some vertebrate remains discovered in the phosphate beds of South Carolina. In spite of the dry-dust sound of his work, his researches led him into many interesting and romantic discoveries of dead forms of life. He died in 1891.

(© by George Matthew Adams.)

WHO SAID

"Generosity is the flower of justice."

THESE words of Nathaniel Hawthorne have a striking resemblance to that famous speech delivered by Portia in the court scene in "The Merchant of Venice."

Portia is asking Shylock to be merciful, and when he asks why, she replies:

The quality of mercy is not strain'd, It droppeth as the gentle rain from heaven Upon the place beneath: . . . And earthly power doth then show likest God's When mercy seasons justice . . .

Nathaniel Hawthorne, one of the leading American literary figures, was born in Salem, Mass., July 4, 1804. He received his education in Bowdoin college and graduated from that institution in 1825.

His literary work is the result of the most careful study. Following his graduation from college he lived a life of retirement and devoted much time to writing tales and sketches. Few of these suited him and the majority of them were consigned to the fire. The survivors appeared in the magazines and newspapers of the day.

Hawthorne's romance "Fanshawe" was published anonymously in 1832, and in 1837 his "Twice-told Tales" appeared in book form. This work received its title from the fact that it was a collection of articles that had previously been published in periodicals, and thus was literally being "told" for the second time.

Hawthorne's political offices consisted of being the customs officer of the port of Boston; surveyor of the port of Salem; and American consul to Liverpool—an appointment he received from his old college chum, President Franklin Pierce.

Some of the best known works of this author are, "Mosses from an Old Manse," "House of Seven Gables," and "The Scarlet Letter." Hawthorne died at Plymouth, N. H., May 18, 1864.—Wayne D. McMurray.

(© by George Matthew Adams.)

Most Ancient City

Damascus claims the distinction of being the oldest city in the world. It comes into religious history with the advent of Abram. As capital of Syria, the country joining Palestine on the north, it was always of importance to the Jews. Apparently it has been an important trade center from the most remote ages.

Zambesi Falls Called Inferior to Niagara

The Victoria falls are located on the Zambesi river, in Rhodesia. They are more than twice the height and somewhat wider than Niagara falls. The native name is Must-on-tun-ya—"Thundering Smoke" or "Smoke Does-Sound-Here."

The Zambesi, one of the four great rivers of Africa, is more than 1,700 miles in length and carries an enormous volume of water, so that the falls are a magnificent spectacle at any time of the year. But this volume of water is not as great as that which pours out of our lakes, and it is in this respect that the Victoria falls are inferior to Niagara.

The African cataract is divided by islands so that it forms four falls, two wide and two narrow. Near the right bank of the Zambesi is the Leaping Water, a fall 108 feet wide; then the main fall, 1,419 feet wide; then Livingstone island; then the Rainbow fall, 1,605 feet wide; then another island; and finally the Eastern cataract, which resembles the Leaping Water.

The Victoria falls occur where the Zambesi is at its widest. They fall over an edge which is almost vertical, but instead of falling into an open basin as Niagara does, they drop into a chasm the opposite wall of which is only 80 by 240 feet away. The outlet of all this water is a gorge 300 feet wide, which leads a little farther on into a Grand canyon 40 miles long.

The falls were discovered by David Livingstone on November 17, 1855. They are on the route of the Cape-to-Cairo railway, and a bridge 650 feet long has been constructed across the canyon some distance below the falls.

Colors on the Screen

For two hot hours recently, says the London Daily Mail, a large audience sat in darkness in Queen's hall, Langhame place, while Thomas Wilfred demonstrated his invention, the clavilux.

Before the screen was a boxlike apparatus divided into four sections, each containing a number of keys. The performer, by merging basic colors, blue, green and red, obtained beautiful shades and designs, also "building up" scenes resembling silhouettes, save that coloring was the basis of the pictures.

He then merged the blue, green and red shades upon the screen, which appeared purely white, but, walking between the instrument and the screen, he "broke the continuity" of the scheme and the separate colors could be seen reflected.

Laurel With a History

What was perhaps the oldest laurel bush in France has just died in what remains of a once beautiful Paris garden. The laurel was one of a group sent by Louis XIV to Marshal Turenne, victor of the battles of Fribourg and Nordlingen. It came from the royal gardens of Fontainebleau. Turenne's handsome country home was in what is now the boulevard de Montparnasse, hidden from the public view by the tall houses bordering the street. It was built by Mansard, the architect whose fine facades give such dignity to the Place de la Concorde. The house has been occupied recently by the engraver, Leopold Flameng, father of the late painter. He watched over the ancient laurel's last years. A young sculptor of the quarter is going to use the wood for a statuette of the illustrious marshal. It will be sent to the army museum at the Invalides.

Bromine Shortage Looms

Due to the increasing commercial use of bromine, there is a shortage of that product throughout the world, with the result that an expedition has started out to extract it from the waters of the Atlantic ocean. Both industry and medical science feels the shortage at the present time. The development of ethyl gasoline for motor fuel is partly responsible. Chemical experts estimate that 1,700 gallons of sea water will produce one pound of bromine.

Cow Climbed From Well

While the weary members of a Bridgeport (Vt.) rescue party were at home for a night's rest, an 1,100-pound cow which had been imprisoned for hours at the bottom of an eleven-foot well shaft into which she had fallen, clambered in some manner to the earth's surface and in the morning stood near the mouth of the yawning cavern placidly chewing her cud when the men came to renew their efforts to succor the animal.

Long Period of Sleep

Miss Swanepoel, a Transvaal woman (says a writer in an African paper), has been asleep for the past fifteen years! During this period she has never been fully conscious. Fifteen years ago the shock of her lover's death brought on hysterical cataplexy, and she resisted all efforts to awaken her. She has remained in bed throughout her illness, and in appearance is little more than a living skeleton. Food is administered at frequent intervals.

World's Brightest Light

A short time ago the most powerful lighthouse in the world was lit for the first time. It is intended to light the airway from Algiers to Paris, and is built 1,947 feet above sea level, on the plateau known as Mont Afrique, a few miles from Dijon.

Flashing at intervals of five seconds, the rays of the 874,000,000 candle-power light will be visible within a radius of 100 to 125 miles in foggy weather.

CHINA AS A NATION HAS LONG HISTORY

Records Date Back More Than 100,000 Years.

The history of the Chinese is certainly interesting. At what period they first settled the country that they now occupy is not known with any certainty, but their traditions give them an antiquity of more than 100,000 years prior to their half-authentic history which goes back fifty-five centuries or more. So the Chinese were living in the valleys of the Hwang-ho and Yang-tze rivers long before the last extension of the polar caps.

At first they probably lived in caves along the river banks, spreading gradually along the banks of the tributaries and thus the people of the two rivers would have met and blended into one nation. Living on the rivers, the Chinese would have learned the art of navigation early, and large sailing canoes in all probability were cruising up and down the rivers and coasts of China and making voyages to Korea, and perhaps Japan, as early as 50,000 or 60,000 years ago. At that time many animals that are now extinct were living. Chinese history, though it dates back upward of 5,500 years, is not much to be depended upon till some ten centuries later, for like all ancient peoples, their early history is, of course, purely mythical.

Among the many discoveries and inventions of the Chinese might be mentioned the discovery of the seasons of the year, during the reign of the emperor (or hoang, as the Chinese called their ruler) Fuh-hi, who, it is said, also taught his people how to raise cattle, and writing and introduced marriage among them. Fuh-hi reigned about 4,800 years ago. He was succeeded by Shin-nung during whose reign medicine was first made and agricultural tools were improved. Before 2357 B. C. waterclocks, wheeled vehicles, improved weapons, musical instruments, and polygamy and schools had been established. The Emperor Yau built roads and canals. The compass was invented in 1115 B. C. and engraving in 1000 B. C. and gunpowder, firepots, firecrackers, which they used extensively at celebrations, etc., and also in battle to frighten horses, etc., and repeating crossbows and printing, etc.

As is well known, the great wall of China is the greatest defensive work ever erected by man. It is probable that if the wall was lit up by powerful searchlights from one end to the other, the lights would be visible to the inhabitants of Mars, presuming, of course, that there are intelligent beings on that planet. The Chinese did not invent guns or cannon of any kind; cannon were invented by the Arabs in the Twelfth century, though a doubtful authority claims they were used at the siege of Belgrade in 1073 of the present era. The Mohammedans, however, used cannon in India in 1200 and Genghis Khan had artillery at the siege of Tsachew, China, and it is also said that he had cannon at the storming of Yenking, now Peking, China, in 1215, but this is doubtful. Though the Chinese did not invent either guns or cannon of any kind, they nevertheless were the first people to propel missiles with gunpowder, for during the reign of the Emperor Fai-tsu, in 969 of the present era, the Chinese attached rockets to their arrows, both to make them go farther and for incendiary purposes, so the idea of artillery, as well as the invention of gunpowder, is justly due to them.—Adventure Magazine.

Hair Dryer Starts Motors

During damp weather and after periods of idleness it was found difficult to start the motors of the seaplanes on the battleship Maryland. Somebody on board the vessel thought of a novel scheme to remedy this difficulty, according to a report by the vessel to the bureau of aeronautics. A hair dryer and a carbon lamp were used. The carbon lamp is secured alongside each magneto and is kept lighted while the plane is fastened to the catapult. When the plane is ready to be flown the hair dryer is used on the spark plugs and the exposed ends of ignition wires. It works fine, says the report.—Pathfinder Magazine.

The Critic's Pun

Frank Harris, the novelist and critic, spent the winter on the Riviera, and one day on the Promenade des Anglais in Nice a rich young poet accosted him.

The poet, who belongs to the new expressionist school—he has leanings besides toward diabolism, dadaism and dattism—said with a smile of tremendous self-assurance.

"Ah, good morning, Mr. Harris. What did you think of the volume of poems I sent you last week?"

The critic laughed and answered in his melodious bass voice:

"So bad it couldn't be verse."

True Love

In speaking of the proposed revision of California's marriage laws and the community property bill, Governor Richardson remarked:

"In the old days, subjects like this did not exist. Those were the days of romance and these are the days of finance. In the old days, sweet sayings and sweetmeats used to count, but nowadays it's different.

"Are you sure he loves you?"

Evelyn asked her friend.

"Of course I'm sure! Why, my dear, every time we're out in a taxicab he keeps his eyes on me all the time—never looks at the meter once."



Champion Spark Plugs are guaranteed to give absolute satisfaction to the user, or full repair or replacement will be made.

Champion X for Ford's 60c. Blue Box for all other cars, 75c. More than 95,000 dealers sell Champions. You will know the genuine by the double-ribbed core.

Champion Spark Plug Co. Toledo, Ohio Windsor, Ont., London, Paris



To Harness Desert Heat

Scientists who have been delving into the future of the development of natural utilities have suggested that it is feasible to harness the heat of the great Sahara desert sands. While the suggestion is a vapory one just now, scientists who look upon the idea seriously say it is hardly more impracticable than the harnessing of waterfalls seemed to be some years ago.



Do your friends laugh at you?

Your friends notice how your car runs. If the motor knocks and rattles and fails to work smoothly, they may enjoy your predicament and laugh. Monamotor Oil will keep your motor in tip-top shape. It will put pep, power, and zest into your car and give it a new grip on mileage. Enjoy driving to the fullest. Buy only Monamotor Oil.

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Monamotor Oils & Greases

Mouths and Bread

Clergyman—My boy, learn to be contented. Mouths are never sent without bread to feed them.

Practical Boy—Aw, but the mouths are sent to our houses and the bread to yours.—London Passing Show.

Roman Eye Balm is an antiseptic ointment. Hence the medication heals by penetrating the inflamed eye surfaces. Adv.

Anyone who can't learn to cook well, can't learn anything well.

Cosmetics can do a good deal for complexion, but nothing at all for wrinkles.

For Hard Workers and Hard Walkers Everywhere—USKID SOLES

The Wonder Sole for Wear—Wears twice as long as best leather!—and for a Better Heel.

"U.S." SPRING-STEP Heel United States Rubber Company

BATHE TIRED EYES with Dr. Thompson's Eyewater. Buy at your druggist's or 1106 River, Troy, N. Y. Booklet.

Try the New Cuticura Shaving Stick Freely Lathering Medicinal and Emollient

be hard practical. Recent clothes. Jumper of balbriggan and white summer socks and dresses—sleeved skirts. In skirts are sleeveless. Colored fl same way. The sim for the t long close

Mother's Cook Book

It is out of silence that all the marvelous things of human action, all the splendid things of human courage, all the sublime offerings of faith, has sprung.—S. J. Barrows.

FOOD AND FEEDING

THE children of the family being very important members, should be thoughtfully fed. The English custom of having a table of their own, where they are not permitted any compromise between what they ought to have and what they want, is ideal. The result is sturdy, healthy youngsters. This system is followed in some measure here, but the "most from necessity"; others from indifference allow the children to eat at the family table, often having food that is extremely bad for them, because they cry for it. For the sake of immediate peace, they are indulged with a sacrifice of manners, morals and physique. The average mother cannot serve two sets of meals, so it is necessary that for the good of the children such food as they may eat should be served. Fortunately the young child who has never been pampered will need but little variety to stimulate the appetite. Taught early to like and eat all kinds of vegetables, the battle though fierce, will be short.

Men and women are much more healthy, easy to live with and pleasant to entertain who have been trained in youth to like all kinds of good food.

Mashed Potatoes With Peanut Butter. Mash, season and whip boiled potatoes until light and fluffy. Heap into a hot vegetable dish and dot with spoonfuls of peanut butter which has been blended with dairy butter.

When there is a little chicken left over, not enough to serve, put a layer of cooked macaroni into a buttered dish, add a layer of the cooked chicken and a little cream or a thin white sauce; repeat, adding seasonings need-

ed, cover with buttered crumbs and bake until the crumbs are brown.

Rhubarb Pudding.

Cut fresh rhubarb into small pieces, mix with sugar and put into a baking dish with well-buttered bread, left in slices or cut into cubes. Set in the oven to bake until the rhubarb is soft. Serve hot or cold.

Nellie Maxwell (© 1925, Western Newspaper Union.)

THE GLAD GIRL

By DOUGLAS MALLOCH

YOU know the girl—all laughter, fun,

The life of ev'ry party, who Can always answer ev'ryone, Dares do what anyone will do, Who sings when all the rest are dumb, And—well, the girl who makes things hum?

Young man—I want to ask you, sir—She's great, but would you marry her?

Life's rather serious and sad, It has its problems, has its woe, And more defeats a man has had Than victories in life, I know; And then a man will need a mate Still undiscouraged, what his fate, Who walks beside him up the hill And bravely takes the good or ill.

A wife, it always seems to me, Should have some depth of character; Whatever need his need may be, A husband ought to find in her, Faith, courage, judgment, tenderness, That is the sort of wife to bless, The best of wives for both their sakes— And that's the kind the glad girl makes.

(© by McClure Newspaper Syndicate.)

DOTTED SILKS SCORE HIT; LATEST OF SMART SWEATERS

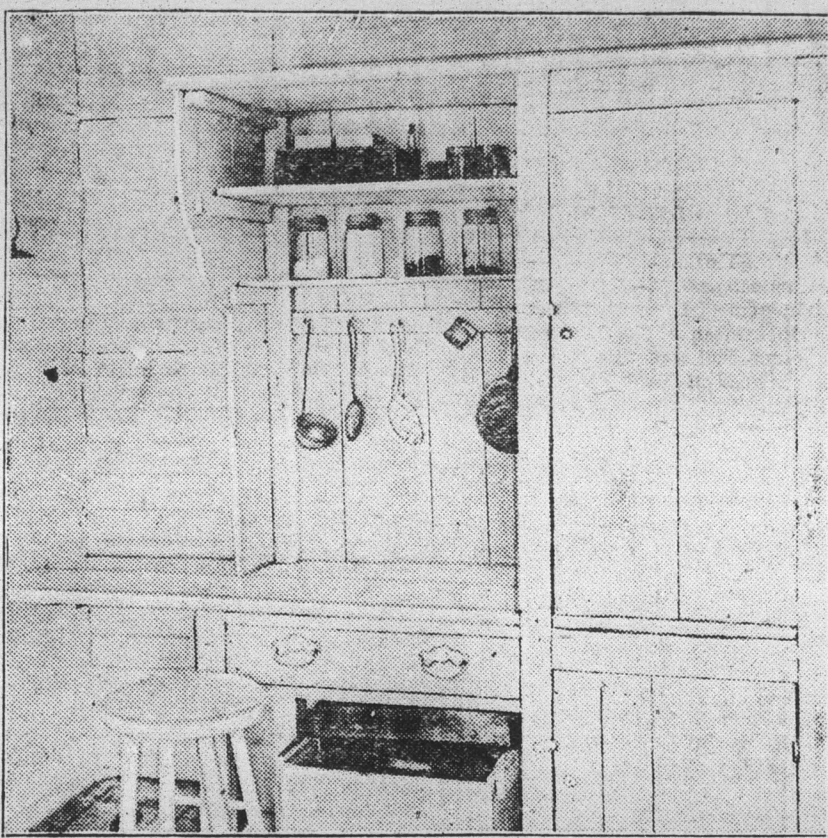
WHEN in doubt about silks this season choose a coin-dot or polka-dot pattern and then go ahead and make it up in any sort of costume. For morning, afternoon or sports wear dotted silks are making a record for themselves as the most successful of all designs in a season of printed fabrics. There is no end to the variation of dotted silks, many of them presenting dots of different sizes and varied arrangements and combinations with other patterns.

In black and white, navy and white, bright red or green and white the dotted silks are most popular in simple day dresses and sports frocks and they

the style importance of this now-so-popular sweater type, think of its value as first aid to beauty. There should be genuine joy and satisfaction in the wearing of a sweater whose high crush-collar and below-the-wrist length sleeves are proof positive against that much dreaded coat of tan, which acquired in the summer, to remove requires a winter's patient application of beauty cream and bleach.

As to chic and charm of appearance of this latest sweater model, consider the accompanying illustration and be convinced. An element which also contributes exceeding effectiveness to these swagger sweater modes, is that

WOMAN BUILDS CABINET FOR HER KITCHEN



(Prepared by the United States Department of Agriculture.)

Here is a picture of a cabinet which was made by a woman living on a farm in Goochland county, Virginia. Mrs. Nicholls did not have a closet or pantry, so she set about to build a cabinet which would effectively meet her needs. The investment represented was little more than what was needed for nails, hinges and handles on the drawer. She also made the high stool, and put the box under the shelf on rollers. As it contains her pots and pans, she has frequent occasion to pull it out. The work was done in connection with the county kitchen improvement contest, directed by the state and county home demonstration agents, co-operatively employed by the United States Department of Agriculture and the Virginia Polytechnic institute.

DELICIOUS DESSERTS MADE FROM CHERRIES

It Pays to Use Them at the Height of Their Season When Freshest.

(Prepared by the United States Department of Agriculture.)

"Cherries are ripe! Let's have a pie!" is probably exclaimed in hundreds of homes as soon as the remark happens to fit the growing season. The family fortunate enough to have a cherry tree in the garden can count on many delicious desserts as well as cherry pie, whether the cherries are sweet or sour, black, white or red. Even when the cherries have to be bought, it pays to use them at the height of their season when they are freshest and cheapest. They may be served in place of, or in addition to other fruits, for the sake of a change of flavor.

Every housekeeper has her own way of making cherry pie; not every one, however, knows the secret of making a juicy fruit pie with a crisp undercrust. Here are several suggestions furnished by the United States Department of Agriculture to insure success: Prebake the undercrust until it is delicately colored, but not too brown, or it will be overcooked around the edges when the filling has been put in and the final cooking is done. Thicken the juice slightly with flour. Moisten the rim when laying the top crust in place and tuck the edge in carefully so that the juice will not leak out. Prick the crust to allow steam to escape.

For cherry tarts, make any desired pastry, and bake the shells on the outside of muffin pans. Cook the fruit only long enough to dissolve the sugar, thickening the juice a little if desired. Fill the cases with the cooked cherries. An extra touch may be given by adding a meringue or a spoonful of whipped cream.

Cherry Roly Poly.

A good old-fashioned hot dessert is roly poly pudding. This can be made with any kind of fruit in season—raspberries, blackberries, blueberries, apples or even with dried fruits—raisins, dates, prunes, figs—but it is particularly delicious when cherries are used, and they are one of the earliest available fresh fruits. To make it use:

- 2 cups flour
- 5 teaspoonfuls baking powder
- 1 teaspoonful salt
- 1 cup milk
- 1½ cups pitted cherries
- ½ cup sugar
- 2 teaspoonfuls butter

Mix all together except the fruit and sugar and then roll the dough out in a sheet. Spread the fruit and sugar over the dough and add a little spice if desired. Roll up like a jelly roll.

Leave a one-inch margin of plain dough all around. Sew the pudding up in a cheesecloth bag, allowing room for swelling. Steam or boil one hour.

Serve with a cherry hard sauce made by adding from one-half to one cupful of chopped pitted cherries to ordinary hard sauce.

Cherry Foam.

Desserts made with uncooked egg white are meant to be served and eaten promptly or they lose their fluffy texture. Cherry foam is similar in principle to apple or orange "snow," and has the pleasing cherry flavor. Here is the recipe:

- 2 egg whites
- Dash of salt
- 1 cup sugar
- 1 cup cut cherries
- 1 tablespoonful lemon juice

Wash and pit cherries and cut them in half. Cook them for a few minutes until the sugar is dissolved. Chill thoroughly. Beat the whites of the eggs until very stiff, then add the slightly cooked fruit, mixing lightly. Serve at once with a custard sauce or whipped cream.

Dress Form Popular in Western Sewing Clubs

(Prepared by the United States Department of Agriculture.)

In the clothing work in Thurston county, Washington, the home demonstration agent, representing the United States Department of Agriculture and the state agriculture college, spent ten days with three groups of interested women. After finding that the price quoted on commercial dress forms was \$2.75, it was agreed to discontinue their use and substitute the gummed paper form, at a cost of \$1 to each maker. Eight forms were finished at Grand Mound, 14 women were



Making a Gummed Paper Form.

enrolled at the Spurgeon Creek community fair, and the same plan was presented at the South Bay fair, with an enrollment of 12.

In Pierce county, Washington, the home demonstration agent reports 68 paper dress forms made. A commercial device was purchased for moistening the paper, the cost of which the women propose to meet by paying 10 cents extra for the first 40 forms. One woman said the fun of making a form is worth the \$1 it costs. The women have been doing this work themselves after seeing one demonstration.

Rhubarb Betty Is Good Dessert for Variation

Here are two old friends who, in a good many homes, have never met each other. Rhubarb, by itself—served as sauce—is sufficiently familiar to need no introduction; in fact, this is almost the only form in which many people know rhubarb. Even when they enjoy rhubarb pie, the rhubarb is sauce before it is pie. "Betty"—bread crumbs and fruit, baked in alternate layers—is most often "apple betty," sometimes peach or prune betty. There is no reason, however, why rhubarb betty should not vary the spring desserts and be popular with the family. It may be made with sweetened rhubarb sauce or raw sliced rhubarb, sprinkled with sugar and alternated with buttered spiced crumbs. The United States Department of Agriculture has tested the following proportions:

- Rhubarb Betty.
- 1 quart sweetened rhubarb sauce or raw sliced rhubarb and sugar
- 1 quart fine, dry bread crumbs
- 2 or 4 tablespoonfuls melted butter
- Cinnamon or nutmeg

Mix the butter with the crumbs. Place the rhubarb and the crumbs in alternate layers in a greased baking dish, and sift the cinnamon or nutmeg over the top. Bake the pudding in a moderate oven. If rhubarb sauce is used, this will require about fifteen minutes. If raw rhubarb is used, cover the baking dish at first and bake 25 minutes or until the rhubarb is tender. Serve the pudding hot, or let cool and serve with hard sauce.

Porridge Brings

Forth Argument

Porridge is passing as a staple article of diet in Scotland. It is giving place to ham and eggs. The Scottish board of agriculture, inquiring into the causes for this change in the national diet, is informed that ham and eggs for breakfast has become popular and the housewife will not be bothered to put on porridge as well. An eminent professor has declared porridge is an injurious diet, and tends to the development of rickets. On the other hand, the medical officer of health for Edinburgh is positive that while porridge may be troublesome to prepare, it furnishes ample compensation in the good foundation which is thus laid for a heavy day's work. The professor's condemnation of porridge, it seems, results from experiments he made upon puppies. They were fed on porridge and became rickety. Against this it is asserted that the puppies were kept in cages, got no exercise or fresh air and sunshine. If one regards the shepherd's collie, however, it is claimed that it provides a standing testimonial in the lower animal kingdom to the virtues of a porridge diet. From the day it is weaned it is fed on porridge and milk—very often the leavings from the plate of the shepherd.

When you decide to get rid of Worms or Tapeworm, get the medicine that will expel them with one dose—Dr. Peery's "Dead Shot." 372 Pearl St., N. Y., Adv.

Trial by Jury to Be Instituted in Japan

Japan is going to introduce a system of trial by jury. Preparatory to making this departure the Department of Justice has various measures under way, including the sending abroad of many judicial officials to study the system in other countries. Many of these officials are already in America and England inspecting the manner in which jury trials are conducted. Two courts each for trial by jury will be established in Tokyo, Osaka, Hiroshima, Fukuoka, Kumamoto, Kagoshima, Nagasaki, Nagoya, Sendai, Sapporo and Niigata and one each at other law court centers. Each of these special courts will have a lodging place for juries to be housed during trials. Establishing the new courts and building the lodging houses involves quite an item of expenditure, in addition to which will be the cost of a good deal of propaganda to let the country understand the system.

Snow Cleared by TNT

In the Rocky Mountain National park where heavy snows in winter obliterate the trails and present a big task should they have to be removed in the spring in the usual way or by melting, workmen thread a long fuse of TNT through the snow, about when the last snow has fallen, and ignite it. This clears the road in a flash. The fuse is incased in a tube of lead to preclude premature accident.

Unhurt by Time

Workmen clearing away the basement of a Hopkinton (Iowa) building that was wrecked by fire some 25 years ago, recently found a carbon filament electric lamp bulb that had been in use in the building before the fire. This lamp bulb was at once taken to a nearby garage, screwed into a lamp socket and lighted up just as if there had been no fire nor a 25-year vacation spent in Van Winkle-like in the debris of the ruined building.

Don't Forget Cuticura Talcum

When adding to your toilet requisites. An exquisite face, skin, baby and dusting powder and perfume, rendering other perfumes superfluous. You may rely on it because one of the Cuticura Trio (Soap, Ointment and Talcum), 25c each everywhere.—Advertisement.

Art Masterpiece Found

An extremely rare wax portrait, in high relief, of Prince Francesco del Medici, done by the celebrated Sixteenth century artist, Benvenuto Cellini, has been presented to the San Marco museum by Giuseppe Vai Ceppl, a widely known Florentine collector. The work, considered one of Cellini's masterpieces, is supposed by art students to have been executed between 1568 and 1570. It represents the prince in the age of adolescence, and is well preserved.

It requires a certain type of disposition to like society; a good many of all types are in it.

Grow Hair on Your BALD HEAD

BARE-TO-HAIR A Blessing to Mankind



Paul Bonor, Pittsburgh Ave., Jeanette, Pa., had Alopecia, which left him without hair on any part of his head. Used four bottles of Bare-to-Hair. Now has a full growth of hair as shown on the photo. Bare-to-Hair will grow hair

on bald heads, Stop Falling Hair, Dandruff, Itching, and many forms of Eczema.

Correspondence given personal attention.

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McJ. G. Vonkers, N. Y.

This man gives good advice. Follow it, and see how quickly digestive disorders, constipation and biliousness are overcome by Beecham's Pills.

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Removes Corns, Calluses, etc., stops all pain, ensures comfort to the feet, makes walking easy. Use by mail or at Druggists. Hiscox Chemical Works, Pathegoe, N. Y.

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Successful for 69 years.
30c and 50c bottles—
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Leaf insects, which thrive on the guava tree, mimic the leaves so closely that they change color with the leaves as the season advances.

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HOSPITAL
REASONABLE—HOMELIKE
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Dickey's OLD RELIABLE Eye Water
relieves sun and wind-burned eyes. Doesn't hurt. Genuine in Red Pounding Box. 25c at all druggists or by mail, DICKY DRUG CO., Bristol, Va.—Tenn.

W. N. U., San Francisco, No. 27-1925.

Wyoming Leads in Elk

In the state of Wyoming there are more elk than in all other states and territories of the Union. The 1923 census shows that state alone has 22,572 head. About 11,000 of these inhabit the Jackson Hole region. In the last few years elk have increased in number.



A Handsome Sports Dress.

are much used in bandings on dresses of white or light-colored silk. Just how effectively they can be used in this way is shown in the handsome sports dress pictured here. White crepe de chine, with bandings of black and white polka-dot silk, contrive a coat-frock that stands at the head of the class in midsummer sports styles. The bandings on the dress are edged with a white silk braid and the sleeve finish is very gracefully managed. The designer has further elaborated the front of this dress with an embroidered scroll and floral pattern which may be omitted without sacrificing the distinction of the ensemble, which includes a scarf of the dotted silk bordered with crepe de chine. It would

of fancy stitch. Notice that the body of the sweater here illustrated is knitted in a conventional zigzag which defines a most effective two-color combination. In this instance putty color with Indian brown was selected. Gray with blue is decidedly popular this season, also any bright color or pastel with white.

Among other interesting stitcheries emphasized in these latest sweater fashions, are squares knitted in reverse form producing a basket weave appearance. Large and small two-color block effects, jacquard and Fair Isle patterns, stripes and fancy shell stitch all play important roles in the designing of these new jumper sweaters, which are the big vogue not only



New Sweater That Is Popular.

be hard to imagine anything more practical or beautiful than this outfit.

Recently a rival of silks in sports clothes has made great headway. Jumper dresses and two-piece frocks of balbriggan jersey, in pastel shades and white, prove themselves ideal for summer sports wear. They are cool and very attractive—the jumper dresses—worn over sheer, long-sleeved blouses, have box-plaited skirts. In the two-piece suits the skirts are also plaited and are set onto a sleeveless waist of thin silk. A long-sleeved overblouse completes the suit. Colored flannels are made up in the same ways.

The smart mode of the moment calls for the turtle-neck sweater with its long close-fitting sleeves. Aside from

for the moment, but are bespoken as leading in the coming autumn collection.

In behalf of summer comfort, fashionists are creating most of the high-neck, long-sleeve sweaters either of pure silk or fine rayon, and it would take an expert to detect the difference between the two. If not of silken medium, then very light-weight woolen yarn is employed.

It is the vogue to wear these sweaters with matching finely plaited crepe de chine skirts. In fact, this combination is so universally adopted, in the fields of sports, that it has assumed almost the aspect of a uniform for smart society wear.

JULIA BOTTOMLEY
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Castoria is especially prepared to relieve Infants in arms and Children all ages of Constipation, Flatulency, Wind Colic and Diarrhea; allaying

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Concession Prize Night

AT THE NEW MISSION BEACH

ROLLER RINK

EDWARD A. KICKHAM, Propr.

Friday Nite, July 31

Arrangements have been made for the awarding of prizes to skaters at the Mission Beach Roller Rink on Friday night, July 31, prize tickets being honored by the following concessionaires and business places in the Mission Beach Amusement Center: Spanish Kitchen, Barbecued Meat, Orange Juice, Balling the Alps, Kodak Supplies, Calif., Sunshade Co., "Spark Plug" Maze, Mah Jongg, Mission Drug Store, Candyland, Mission Billiard Parlor, Roller Coaster, Hot Dog, Ferris Wheel, Bathhouse, Dance Casino, Kentucky Derby, the Flasher, Twenty-six Game, Country Store, Fortune Teller, String Card Game, Souvenir and Novelty Shop, Beach's Chicken and Waffle Shop, Rainbow Popcorn Stand, Cat Rack, and special gifts from the Roller Rink management.

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As chairman of the publicity committee of the M. B. Chamber of Commerce, Mrs. F. G. Greenfield, is greatly taxed for time and her duties of preparing publication copy are very arduous. The help of our patrons will be highly appreciated in the matter of submitting news items for "The Beach News" if they will leave their notes for Mrs. Greenfield in the care of Mrs. Frank Challand at the Mission Beach post office and please write on one side of the paper only. We thank you! Send in your items good folks, and let's all boost and BOOST!!!!

KEEPING WELL

"COMMON COLDS" ARE
TOO COMMON

DR. FREDERICK R. GREEN
Editor of "HEALTH"

"COMMON colds" are the most common illnesses in the United States, says Dr. Hugh Cummings, surgeon general of the United States Public Health service. During the last year this service has been making an investigation of colds. It finds that, out of every one hundred persons, only ten have no colds during the year, that ninety will have one or two each winter or an average of nearly four every year.

Now there are approximately one hundred and ten million people in this country. Of these, eleven million will be free from colds, while the ninety-nine million who have four colds a year will have among them, three hundred and ninety-six million colds every twelve months.

No wonder Doctor Cummings says colds are the commonest disease we have.

These colds are not only unpleasant, they are also expensive. How much is lost in time and wages because of them? How much is paid out for "cathartic cures," cough drops, oils, syrups, poultices and mustard foot baths? No body has any idea, but you can be sure that our national cold bill is many times larger than our annual coal bill we hear so much about.

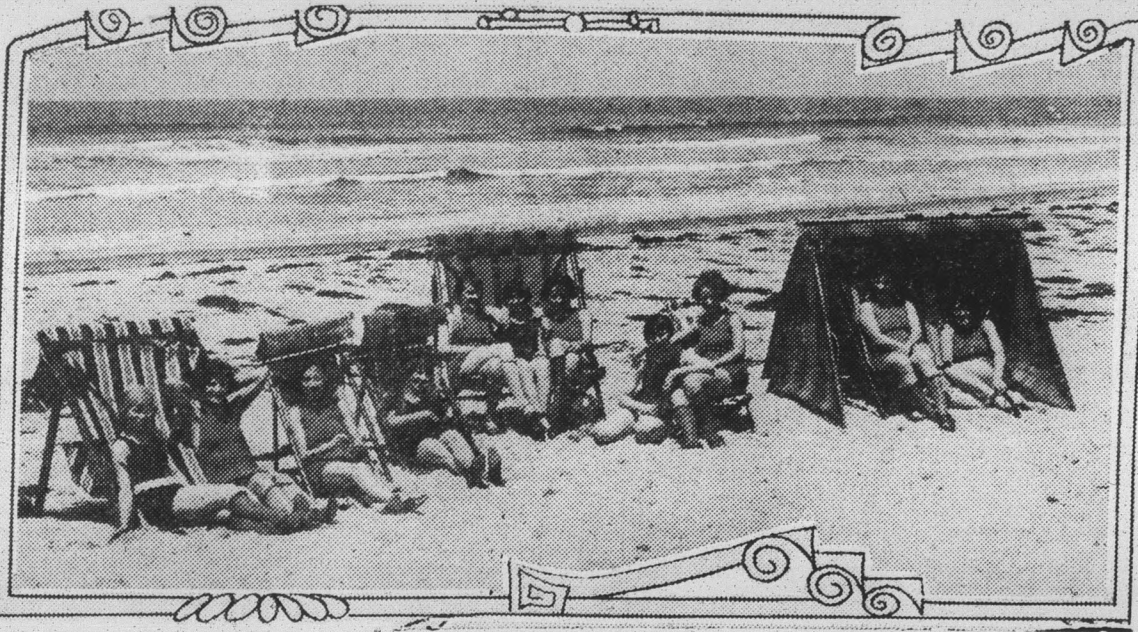
These colds are just the same in different parts of the country. They occur about the same time of the year in every locality. The public health service has found that the first outbreak occurs in October. That's when the first raw, chilly days are apt to appear. We evidently get accustomed to this or protect ourselves better, for after the first outbreak, the number of colds decreases, until the latter part of December when another outbreak occurs.

Then the weather settles down and we adapt ourselves to it again and the number of colds drops off until January. During the late winter and early spring, colds are general. Elderly or delicate persons, who may have their third or fourth attack, when they are weakened and their resistance is reduced, are then especially liable to develop something worse, bronchitis or influenza or the dreaded pneumonia. So that colds, while not generally dangerous to life themselves, are very apt to prove the starting point for other and more serious diseases.

No one likes to have a cold. We'd all be glad to be rid of them. The investigation now being made by the public health service is the first nationwide study of colds ever undertaken. Anything which can be done to reduce this disagreeable pest will be a real service to the public.

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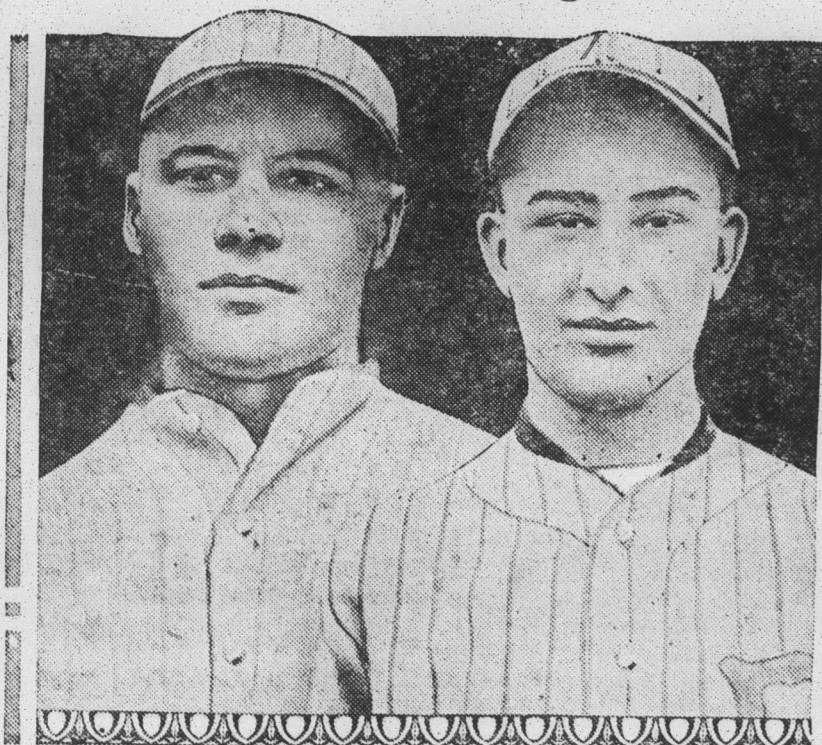
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THE SAYINGS AND DOINGS OF SPEED O'DAY OF THE SUNSET GARAGE

"Reading signs don't help unless
you follow directions" says Speed



You are directed to this shop
by folks who know you'll get real
service. You'll find repair work
that is worthy. We know you'll say
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does.

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Two Shows Every Night

7:15 p. m. and 9:00 p. m.

Come Early—Show Starts at 7:15

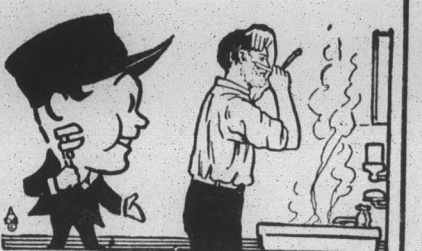
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COOKING ELECTRICALLY

Thirty-Minute Grilled Dinners

(Written for "The Beach News" by
Sarah E. Dunn.)

During the warm weather we want to make our meals as simple as we can, but they must be wholesome and nutritious, without being heavy. With this in mind I have tested the following recipes using both my electric grill and my electric range.

Vienna Veal Chops

Buy the necessary number of loin of veal chops. See that they are cut fairly thick and have the butcher pound them a little on both sides, or you can do it with the edge of a plate. Rub salt and pepper to taste into each chop, and then put them on the broiler pan of the grill with a tablespoonful of butter. Place the panful of chops in the compartment under the grill's heating element and let the chops broil slowly for 20 minutes. A half teaspoon of finely chopped chives or onion sprinkled over them will add greatly to the taste. At the same time cook string beans, carrots and potatoes on the top of the grill in clover-leaf vessels. When both chops and vegetables are finished cooking make a rich cream sauce and pour it over the chops. Prepare drawn butter for the vegetables and potatoes unless you prefer to mash the latter. This dinner can be completed and on the table in one-half hour.

Lamb Kidneys en Brochette

Soak, wash and dry six lamb kidneys and cut them in quarters. Then cut pieces of bacon about the same size. Alternating with first a piece of bacon then a piece of kidney, put these on the skewer until it is full. Then fry the skewerful over "high" heat on your electric grill in bacon fat for 10 minutes or until thoroughly brown, which should not take longer than 10 minutes if the heat is at "high." If you cook kidneys too long they will become tough. When done serve on toast with a vegetable or salad and potatoes.